

Kirkstall Swimming Timetable – Term Time

Timetable in place during term time, there will be a change to the timetable for school holiday/bank holidays, they will be displayed on the website and Active Leeds App.

Please note swimming sessions are currently non-bookable (except Aqua Aerobics/Mobility), please arrive 15 minutes before the session to check in at reception. Please check our [Facebook](#) page for any recent timetable changes. **For session descriptions please visit active.leeds.gov.uk/swimming**

Cost

Adult. £6.30 Standard, £5.60 Leeds card, £4.90 Leeds card 60 (Peak), £3.60 Leeds card 60 (Off Peak), £3.00 Leeds card Extra (Peak), £2.40 Leeds card Extra (Off Peak)

Junior. £3.00 Standard, U3s Free

Peak. After 16.00 weekdays. Off Peak. opening - 16.00 weekdays & all weekend.

| Monday – Main Pool | |
|--------------------|----------------------------|
| Time | Session |
| 07:00 – 08:00 | Lane Swim |
| 08:15 – 09:00 | Lane Swim |
| 10:00 – 11:00 | Public Swim (with 2 Lanes) |
| 12:00 – 13:00 | Lane Swim |
| 15:30 – 18:00 | Junior Swimming Lessons |
| 18:15 – 19:00 | Public Swim (with 2 Lanes) |
| 20:00 – 21:00 | Adult Swimming Lessons |
| 21:05 – 22:00 | Lane Swim |

| Monday – Small Pool | |
|---------------------|-------------------------|
| Time | Session |
| 12:00 – 12:45 | Family Swim |
| 15:30 – 18:00 | Junior Swimming Lessons |
| 18:15 – 19:00 | Family Swim |

| Tuesday – Main Pool | |
|---------------------|-------------------------|
| Time | Session |
| 07:00 – 08:00 | Lane Swim |
| 08:15 – 09:00 | Lane swim |
| 10:00 – 11:30 | School Swimming Lessons |
| 12:00 – 13:00 | Lane Swim |
| 13:30 – 15:00 | School Swimming Lessons |
| 14:30 – 15:15 | Adult Width Swim |
| 15:30 – 18:00 | Junior Swimming Lessons |
| 20:15 – 21:30 | Lane Swim |

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Tuesday – Small Pool

| Time | Session |
|---------------|-------------------------|
| 10:00 – 11:30 | School Swimming Lessons |
| 12:00 – 12:45 | Family Swim |
| 13:30 – 15:00 | School Swimming Lessons |
| 15:30 – 18:35 | Junior Swimming Lessons |

Wednesday – Main Pool

| Time | Session |
|---------------|----------------------------|
| 07:00 – 08:00 | Lane Swim |
| 08:15 – 09:00 | Lane Swim |
| 09:05 – 10:05 | Aqua Aerobics (NEW CLASS!) |
| 10:00 – 11:30 | School Swimming Lessons |
| 12:00 – 13:00 | Lane Swim |
| 13:30 – 14:30 | School Swimming Lessons |
| 15:30 – 18:35 | Junior Swimming Lessons |
| 20:45 – 22:00 | Lane swim |

Wednesday – Small Pool

| Time | Session |
|---------------|-------------------------|
| 10:00 – 11:30 | School Swimming Lessons |
| 12:00 – 12:45 | Family Swim |
| 13:30 – 14:30 | School Swimming Lessons |
| 15:30 – 18:00 | Junior Swimming Lessons |

Thursday – Main Pool

| Time | Session |
|---------------|----------------------------|
| 07:00 – 08:00 | Lane Swim |
| 08:15 – 09:00 | Lane Swim |
| 10:15 – 11:15 | Public Swim (with 2 Lanes) |
| 12:00 – 13:00 | Lane Swim |
| 15:30 – 18:00 | Junior Swimming Lessons |
| 18:15 – 19:00 | Public Swim (with 2 Lanes) |
| 20:15 – 21:00 | Lane Swim Female |
| 21:00 – 22:00 | Lane Swim |

Thursday – Small Pool

| Time | Session |
|---------------|-------------------------|
| 12:00 – 12:45 | Family Swim |
| 15:30 – 18:00 | Junior Swimming Lessons |
| 18:15 – 19:00 | Family Swim |

Kirkstall Swimming Timetable – Term Time

| Friday – Main Pool | |
|--------------------|----------------------------|
| Time | Session |
| 07:00 – 08:00 | Lane Swim |
| 08:15 – 09:00 | Lane Swim |
| 10:00 – 11:30 | School Swimming Lessons |
| 12:00 – 13:00 | Lane Swim |
| 13:30 – 15:00 | School Swimming Lessons |
| 15:30 – 18:00 | Junior Swimming Lessons |
| 18:15 – 19:00 | Public Swim (with 2 Lanes) |
| 20:00 – 21:00 | Lane Swim |

| Friday – Small Pool | |
|---------------------|-------------------------|
| Time | Session |
| 10:00 – 11:30 | School Swimming Lessons |
| 12:00 – 12:45 | Family Swim |
| 13:30 – 15:00 | School Swimming Lessons |
| 15:30 – 18:00 | Junior Swimming Lessons |
| 18:15 – 19:00 | Family Swim |

| Saturday – Main Pool | |
|----------------------|-------------------------|
| Time | Session |
| 08:00 - 15:30 | Junior Swimming Lessons |

| Saturday – Small Pool | |
|-----------------------|-------------------------|
| Time | Session |
| 08:00 - 15:30 | Junior Swimming Lessons |

| Sunday – Main Pool | |
|--------------------|-----------------------------|
| Time | Session |
| 09:00 – 10:00 | Lane Swim |
| 10:15 – 11:15 | Public Swim (with 2 lanes) |
| 11:30 – 12:30 | Family Swim |
| 13:00 – 14:00 | Public Swim (No Lanes) |
| 14:15 – 14:45 | Disability Swimming Lessons |
| 14:45 – 15:30 | Disability General Swim |
| 16:00 – 17:00 | Lane Swim |

| Sunday – Small Pool | |
|---------------------|-------------|
| Time | Session |
| 09:00 – 10:00 | Family Swim |
| 10:15 – 11:15 | Family Swim |
| 11:30 – 12:30 | Family Swim |
| 13:00 – 14:00 | Family Swim |

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