

Swimming Timetable

26 May – 1 June 2025

Please note swimming sessions are currently **non-bookable** (except Aqua Aerobics/Mobility/Hydrotherapy pool), 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 26 th May – Main Pool (Bank Holiday)	
Time	Session
07.15-09.15	Lane Swim
09.30-10.15	Public Swim (with 2 Lanes)
10.30-11.30	Public Swim
11.45-12.45	Lane Swim

Monday 26 th May – Small Pool	
Time	Session
09.30-10.15	Family Fun Swim
10.30-11.30	Family Fun Swim
11.45-12.45	Family Fun Swim

Tuesday 27 th May – Hydrotherapy Pool	
Time	Session
09.20-11.45	Junior Swimming Lessons
12.15-13.00	Hydrotherapy General
12.15-13.00	Hydrotherapy Access
13.00-13.30	Junior Swimming Lessons
18.30-19.15	Hydrotherapy General
18.30-19.15	Hydrotherapy Access

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26 May – 1 June 2025

Tuesday 27th May – Main Pool

Time	Session
07.15-09.15	Lane Swim
10.00-10.45	Aqua Zumba
11.00-11.45	Disability Swim / Lane Swim
12.00-12.55	Lane Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
14.15-15.00	Fun Swim
15.40-18.00	Junior Swimming Lessons
18.00-18.55	Public Swim (With 2 Lanes)
19.00-20.00	Female Lane Swim
20.00-22.00	Lane Swim

Tuesday 28th May – Small Pool

Time	Session
09.15-10.00	Family Fun Swim
10.30-11.30	Junior Swimming Lessons
12.00-12.45	Family Fun Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
14.15-15.00	Family Fun Swim
15.40-18.00	Junior Swimming Lessons

Wednesday 28th May – Hydrotherapy Pool

09.20-12.15	Junior Swimming Lessons
12.15-13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General
18.30-19.15	Hydrotherapy Access
18.30-19.15	Hydrotherapy General

Wednesday 28th May – Main Pool

07.15-09.15	Lane Swim
09.30-10.30	Public Swim (With 2 Lanes)
10.45-11.45	Fun Swim
12.00-12.55	Lane Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
14.15-15.00	Fun Swim
15.40-18.00	Junior swimming Lessons
18.00-18.45	Public Swim (With 2 Lanes)
21.15-22.00	Lane Swim

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26 May – 1 June 2025

Wednesday 28 th May – Small Pool	
09.30-10.30	Family fun Swim
10.45-11.45	Family fun Swim
12.00-12.55	Family fun Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
14.15-15.00	Family fun Swim
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family fun Swim

Thursday 29 th May – Hydrotherapy Pool	
Time	Session
12.15-13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General

Thursday 29 th May – Main Pool	
Time	Session
07.15-09.15	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Fun Swim
12.00-12.55	Lane Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
15.40-18.00	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
20.10-20.55	Aqua Zumba
21.00-22.00	Lane Swim

Thursday 29 th May – Small Pool	
Time	Session
09.30-10.30	Family Fun Swim
10.45-11.45	Family Fun Swim
12.00-12.55	Family Fun Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Friday 30 th May – Hydrotherapy Pool	
Time	Session
09.30-11.00	Junior Swimming Lessons
11.00-12.05	Junior Swimming Lessons

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26 May – 1 June 2025

Friday 30 th May – Main Pool	
Time	Session
07.15-09.15	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Fun Swim
12.00-12.55	Lane Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
14.15-15.00	Fun Swim
15.40-18.00	Junior Swimming Lessons
20.00-21.00	Lane Swim

Friday 30 th May – Small Pool	
Time	Session
09.30-10.30	Family Fun Swim
10.45-11.45	Family Fun Swim
12.00-12.55	Family Fun Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
14.15-15.00	Family Fun Swim
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Saturday 31 st May – Main Pool	
Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Swimming Lessons
14.30-15.15	Private Pool Hire (Enquire Now)
15.30-16.30	Adult Swimming Lessons
16.45-18.00	Lane Swim

Saturday 31 st May – Small Pool	
Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Swimming Lessons
14.15-15.00	Family Fun Swim
15.15-16.00	Private Pool Hire (Enquire Now)

Sunday 1 st June – Hydrotherapy Pool	
Time	Session
12.00-12.45	Hydrotherapy Access
12.00-12.45	Hydrotherapy General

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Sunday 1 st June – Main Pool	
Time	Session
08.15-09.15	Lane Swim
09.30-10.30	Fun Swim
10.30-11.30	Fun Swim
11.30-12.30	Fun Swim
12.45-14.45	Lane Swim
19.05-20.05	Lane Swim

Sunday 1 st June – Small Pool	
Time	Session
09.30-10.30	Family Fun Swim
10.30-11.30	Family Fun Swim
11.30-12.30	Family Fun Swim
13.00-14.00	Family Fun Swim
15.00-15.45	Private Pool Hire (Enquire Now)

For session descriptions please visit active.leeds.gov.uk/swimming

For Spring Bank half term junior holiday activities & holiday lesson information please visit active.leeds.gov.uk

SPRING BANK