

Swimming Timetable
Summer Holidays; 21 July - 31 August 25

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.

Week 1: Monday 21st July – Sunday 27th July

Monday – Main Pool	
Time	Session
08:00 – 09:00	Lane Swim
09:45 – 10:30	Aqua Aerobics
11:00 – 12:00	Float swim
12:30 – 13:15	Lane Swim
13:30 – 14:30	Public Swim
14:30 – 15:30	STA Award Lessons (bookable online)
15:45 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Public Swim (with 2 Lanes)
19:15 – 20:00	Aqua Zumba
20:15 – 21:15	Lane Swim

Monday – Small Pool	
Time	Session
11:00 – 12:00	Family Swim
15:45 – 19:00	Junior Swimming Lessons

Tuesday – Main Pool	
Time	Session
08:00 – 09:00	Lane Swim
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
11:00 – 12:00	Float Swim
12:30 – 13:15	Lane Swim
13:30 – 14:30	Public Swim
14:30 – 15:30	STA Award Lessons (bookable online)
15:45 – 19:00	Junior Swimming Lessons
20:30 – 21:15	Lane Swim

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Tuesday – Small Pool	
Time	Session
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
11:00 – 12:00	Family Swim
12:30 – 13:15	Family Fun Swim
15:45 – 19:00	Junior Swimming Lessons

Wednesday – Main Pool	
Time	Session
08:00 – 09:00	Lane Swim
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
11:00 – 12:00	Float Swim
12:30 – 13:15	Lane Swim
13:30 – 15:00	Public Swim
15:00 – 15:30	Assessments (Bookable Online)
15:45 – 18:00	Junior Swimming Lessons
18:00 – 18:45	Disability Swim
19:00 – 20:00	Adult Swimming Lessons
20:30 – 21:30	Lane Swim

Wednesday – Small Pool	
Time	Session
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
12:30 – 13:15	Family Fun Swim
15:45 – 18:00	Junior Swimming Lessons

Thursday – Main Pool	
Time	Session
08:00 – 09:00	Lane Swim
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
11:00 – 12:00	Float Swim
12:30 – 13:15	Lane Swim
13:30 – 15:00	Public Swim
15:00 – 15:30	Assessments (Bookable Online)
15:45 – 19:00	Junior Swimming Lessons
20:30 – 21:15	Female Only Public Swim (with 2 Lanes)

Thursday – Small Pool	
Time	Session
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
12:00 – 13:00	Adult & Child Swimming Lessons
15:45 – 18:00	Junior Swimming Lessons

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Friday – Main Pool

Time	Session
08:00 – 09:00	Lane Swim
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
10:30 – 12:00	STA Award Lessons (bookable online)
12:30 – 13:15	Lane Swim
13:30 – 14:15	Public Swim
14:30 – 15:15	Aqua Mobility
15:45 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Family Float Swim
19:15 – 20:00	Public Swim (with 2 Lanes)
20:15 – 21:00	Lane Swim

Friday – Small Pool

Time	Session
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
12:30 – 13:15	Family Fun Swim
13:30 – 14:15	Family Fun Swim
15:45 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Family Fun Swim

Saturday – Main Pool

Time	Session
08:30 – 12:15	Junior Swimming Lessons
12:30 – 13:30	Family Float Swim
13:45 – 14:45	Public Swim (with 2 Lanes)
15:00 – 15:45	Lane Swim

Saturday – Small Pool

Time	Session
08:30 – 12:15	Junior Swimming Lessons
12:30 – 13:30	Family Swim

Sunday – Main Pool

Time	Session
08:30 – 09:15	Lane Swim
09:30 – 10:15	SENsory Family Fun Swim
10:30 – 12:15	Public Swim (with 2 lanes)
12:30 – 13:30	Lane Swim
13:45 – 14:45	Family Float Swim
15:00 – 15:45	Female Only Family Swim
16:00 – 16:45	Female Only Public Swim (with 3 Lanes)

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Sunday – Small Pool	
Time	Session
09:30 – 10:15	SENsory Family Fun Swim
10:30 – 12:15	Family Swim
13:45 – 14:45	Family Swim

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

For summer junior holiday activities & holiday lesson information please visit active.leeds.gov.uk

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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.

Weeks 2-5: Monday 28th July – Sunday 24th August

Monday – Main Pool	
Time	Session
08:00 – 09:00	Lane Swim
09:45 – 10:30	Aqua Aerobics
11:00 – 12:00	Float swim
12:30 – 13:15	Lane Swim
13:30 – 14:30	Public Swim
14:30 – 15:30	Staff Training
15:45 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Public Swim (with 2 Lanes)
19:15 – 20:00	Aqua Zumba
20:15 – 21:15	Lane Swim

Monday – Small Pool	
Time	Session
11:00 – 12:00	Family Swim
15:45 – 19:00	Junior Swimming Lessons

Tuesday – Main Pool	
Time	Session
08:00 – 09:00	Lane Swim
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
11:00 – 12:00	Family Float Swim
12:30 – 13:15	Lane Swim
13:30 – 14:15	Public Swim
14:30 – 15:30	Staff Training
15:45 – 19:00	Junior Swimming Lessons
20:30 – 21:15	Lane Swim

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Tuesday – Small Pool

Time	Session
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
11:00 – 12:00	Family Swim
12:30 – 13:15	Family Fun Swim
15:45 – 19:00	Junior Swimming Lessons

Wednesday – Main Pool

Time	Session
08:00 – 09:00	Lane Swim
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
11:00 – 12:00	Float Swim
12:30 – 13:15	Lane Swim
13:00 – 15:00	Public Swim
15:00 – 15:30	Assessments (Bookable Online)
15:45 – 18:00	Junior Swimming Lessons
18:00 – 18:45	Disability Swim
19:00 – 20:00	Adult Swimming Lessons
20:30 – 21:30	Lane Swim

Wednesday – Small Pool

Time	Session
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
11:00 – 12:00	Family Fun Swim
15:45 – 18:00	Junior Swimming Lessons

Thursday – Main Pool

Time	Session
08:00 – 09:00	Lane Swim
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
11:00 – 12:00	Float Swim
12:30 – 13:15	Lane Swim
13:00 – 15:00	Public Swim
15:00 – 15:30	Assessments (Bookable Online) (Bookable Online)
15:45 – 19:00	Junior Swimming Lessons
20:30 – 21:15	Female Only Public Swim (with 3 Lanes)

Thursday – Small Pool

Time	Session
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
12:00 – 13:00	Adult & Child Swimming Lessons
15:45 – 18:00	Junior Swimming Lessons

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Friday – Main Pool	
Time	Session
08:00 – 09:00	Lane Swim
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
11:00 – 12:00	Float Swim
12:30 – 13:15	Lane Swim
13:30 – 14:15	Public Swim
14:30 – 15:15	Aqua Mobility
15:45 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Public Swim (with 2 Lanes)
19:15 – 20:00	Aqua Aerobics
20:15 – 21:00	Lane Swim

Friday – Small Pool	
Time	Session
10:45 – 11.15	Intensive Swimming Lessons (see holiday timetable)
12:30 – 13:15	Family Fun Swim
13:30 – 14:15	Family Fun Swim
15:45 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Family Fun Swim

Saturday – Main Pool	
Time	Session
08:30 – 12:15	Junior Swimming Lessons
12:30 – 13:30	Family Float Swim
13:45 – 14:45	Public Swim (with 2 Lanes)
15:00 – 15:45	Lane Swim

Saturday – Small Pool	
Time	Session
08:30 – 12:15	Junior Swimming Lessons
12:30 – 13:30	Family Swim

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Sunday – Main Pool	
Time	Session
08:30 – 09:15	Lane Swim
09:30 – 10:15	SENSory Family Fun Swim
10:30 – 12:15	Public Swim (with 2 lanes)
12:30 – 13:30	Lane Swim
13:45 – 14:45	Family Float Swim
15:00 – 15:45	Female Only Family Swim
16:00 – 16:45	Female Only Public Swim (with 3 Lanes)

Sunday – Small Pool	
Time	Session
09:30 – 10:15	SENSory Family Fun Swim
10:30 – 12:15	Family Swim
13:45 – 14:45	Family Swim

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Cost

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Junior. £3.00 Standard, U3s Free

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

Week 6: Monday 25th August – Sunday 31st August

Monday 25 August (BANK HOLIDAY)

TBC

Tuesday 26 August – Main Pool

Time	Session
08:00 – 09:00	Lane Swim
09:15 – 10:15	Intensive Swimming Lessons (see holiday timetable)
11:00 – 12:00	Family Float Swim
12:30 – 13:15	Lane Swim
13:30 – 14:15	Public Swim
14:30 – 15:30	Staff Training
15:45 – 19:00	Junior Swimming Lessons
20:30 – 21:15	Lane Swim

Tuesday 26 August – Small Pool

Time	Session
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
11:00 – 12:00	Family Swim
12:30 – 13:15	Family Fun Swim
15:45 – 19:00	Junior Swimming Lessons

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Wednesday 27 August– Main Pool

Time	Session
08:00 – 09:00	Lane Swim
09:15 – 10:15	Intensive Swimming Lessons (see holiday timetable)
11:00 – 12:00	Float Swim
12:30 – 13:15	Lane Swim
13:00 – 15:00	Public Swim
15:00 – 15:30	Assessments (Bookable Online) (Bookable Online)
15:45 – 18:00	Junior Swimming Lessons
18:00 – 18:45	Disability Swim
19:00 – 20:00	Adult Swimming Lessons
20:30 – 21:30	Lane Swim

Wednesday 27 August – Small Pool

Time	Session
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
11:00 – 12:00	Family Fun Swim
15:45 – 18:00	Junior Swimming Lessons

Thursday 28 August – Main Pool

Time	Session
08:00 – 09:00	Lane Swim
09:15 – 10:15	Intensive Swimming Lessons (see holiday timetable)
11:00 – 12:00	Float Swim
12:30 – 13:15	Lane Swim
13:00 – 15:00	Public Swim
15:00 – 15:30	Assessments (Bookable Online) (Bookable Online)
15:45 – 19:00	Junior Swimming Lessons
20:30 – 21:15	Female Only Public Swim (with 3 Lanes)

Thursday 28 August – Small Pool

Time	Session
09:15 – 10:30	Intensive Swimming Lessons (see holiday timetable)
12:00 – 13:00	Adult & Child Swimming Lessons
15:45 – 18:00	Junior Swimming Lessons

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Friday 29 August– Main Pool

Time	Session
08:00 – 09:00	Lane Swim
09:15 –10:30	Intensive Swimming Lessons (see holiday timetable)
11:00 – 12:00	Float Swim
12:30 – 13:15	Lane Swim
13:30 – 14:15	Public Swim
14:30 – 15:15	Aqua Mobility
15:45 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Public Swim (with 2 Lanes)
19:15 – 20:00	Aqua Aerobics
20:15 – 21:00	Lane Swim

Friday 29 August – Small Pool

Time	Session
10:45 – 11:15	Intensive Swimming Lessons (see holiday timetable)
12:30 – 13:15	Family Fun Swim
13:30 – 14:15	Family Fun Swim
15:45 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Family Fun Swim

Saturday 30 August – Main Pool

Time	Session
08:30 – 12:15	Junior Swimming Lessons
12:30 – 13:30	Family Float Swim
13:45 – 14:45	Public Swim (with 2 Lanes)
15:00 – 15:45	Lane Swim

Saturday 30 August – Small Pool

Time	Session
08:30 – 12:15	Junior Swimming Lessons
12:30 – 13:30	Family Fun Swim

Sunday 31 August – Main Pool

Time	Session
08:30 – 09:15	Lane Swim
09:30 – 10:15	SENsory Family Fun Swim
10:30 – 12:15	Public Swim (with 2 lanes)
12:30 – 13:30	Lane Swim
13:45 – 14:45	Family Float Swim
15:00 – 15:45	Female Only Family Swim (R)
16:00 – 16:45	Female Only Public Swim (with 3 Lanes)

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Summer Holidays; 21 July - 31 August 25

Sunday 31 August – Small Pool	
Time	Session
09:30 – 10:15	SENsory Family Fun Swim
10:30 – 12:15	Family Swim
13:45 – 14:45	Family Swim

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