

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 2: Monday 28th July – Sunday 3rd August

Monday 28 July – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:25	Public Swim (with 1 Lane)
10:30-11:45	Holiday Swim Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-13:55	Public Swim (with 1 Lane)
14:00-15:00	Staff training
15:45-19:05	Junior Swimming Lessons
19:15-20:00	Disability Swim
20:30-21:45	Lane Swim

Monday 28 July – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:15	Family Fun Swim
10:30-11:45	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:20-15:00	Parent & Child Swimming Lessons
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Monday 28 July – Hydrotherapy Pool	
Time	Session
10:30-11:00	Pre-bookable via reception – screening required
12:00-12:30	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception – screening required

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Tuesday 29 July – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:30	Adult Swimming Lessons
10:30-11:45	Holiday Swimming lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
14:15-15:00	Aqua Mobility
15:45-18:00	Junior Swimming Lessons
18:15-19:00	Public Swim (with 1 Lane)
19:15-20:15	Female Lane Swim*
20:30-21:30	Lane Swim

*male & female lifeguards on duty

Tuesday 29 July– Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:15	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:15-14:00	Family Fun Swim
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Tuesday 29 July– Hydrotherapy Pool	
Time	Session
10:30-11:00	Pre-bookable via reception – screening required
12:00-12:30	Pre-bookable via reception – screening required
13:30-14:00	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception – screening required

Wednesday 30 July– Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:25	Public Swim (with 1 Lane)
10:30-11:45	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
14:15-15:15	Fun swim
15:45-18:00	Junior Swimming Lessons
19:00-19:30	Adult Swimming Lessons
19:45-20:45	Leeds & Bradford Triathlon Club (Private Booking)
20:45-21:30	Lane Swim

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Wednesday 30 July– Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:25	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:15-14:00	Family Fun Swim
14:15-15:15	Family Fun Swim
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Wednesday 30 July– Hydrotherapy Pool	
Time	Session
12:00-12:30	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception – screening required

Thursday 31 July– Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:15	Aqua Aerobics
10:30-11:30	Ralph Thoresby (private booking)
12:00-13:00	Lane Swim
13:15-14:00	Ralph Thoresby (private booking)
14:15-15:00	Disability Swim
15:45-18:00	Junior Swimming Lessons
18:15-19:00	Public Swim (with 1 Lane)
19:15-20:00	Aqua Aerobics
20:15-21:00	Female Only Public Swim (with 1 Lane)
21:15-22:00	Lane Swim

Thursday 31 July– Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:15	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:05-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Thursday 31 July– Hydrotherapy Pool	
Time	Session
12:00-12:30	Pre-bookable via reception – screening required
13:30-14:00	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception – screening required

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Friday 1 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:15	Public Swim (with 1 Lane)
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
14:15-15:15	Fun Swim
15:45-18:00	Junior Swimming Lessons
18:15-19:00	Public Swim (with 1 Lane)
19:15-20:15	Lane Swim
20:15-21:15	Leeds & Bradford Triathlon Club (Private Booking)

Friday 1 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:15	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:15-14:00	Family Fun Swim
14:15-15:15	Family Fun Swim
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Friday 1 August – Hydrotherapy Pool	
Time	Session
10:30-11:00	Pre-bookable via reception – screening required
12:00-12:30	Pre-bookable via reception – screening required

Saturday 2 August – Main Pool	
Time	Session
08:00-12:00	Junior Swimming Lessons
11:25-12:00	Disability Swimming Lessons (Juniors)
12:15-13:00	Lane Swim
13:15-14:15	Public Swim (1 lane)
14:30-15:30	Fun Swim
15:45-16:30	Party Hire
17:00-18:00	Lane Swim

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Saturday 2 August– Small Pool	
Time	Session
08:00-12:00	Junior Swimming Lessons
11:25-11:55	Disability Swimming Lessons (Juniors)
12:15-13:00	Family Fun Swim
13:15-14:15	Family Fun Swim
14:30-15:30	Family Fun Swim
15:45-16:30	Party Hire

Saturday 2 August – Hydrotherapy Pool	
Time	Session
12:15-12:45	Pre-bookable via reception – screening required

Sunday 3 August – Main Pool	
Time	Session
08:00-08:45	Lane Swim
09:00-10:00	Public Swim (with 1 lane)
10:15-11:15	Fun Swim
11:30-12:30	Lane Swim
12:45-13:45	Public Swim (with 1 lane)
14:00-15:00	Fun Swim
15:15-16:00	Party Hire
16:15-17:00	Party Hire / Staff Training
17:30-19:15	Lane Swim

Sunday 3 August – Small Pool	
Time	Session
09:00-10:00	Family Fun Swim
10:15-11:15	Family Fun Swim
11:30-12:30	Family Fun Swim
12:45-13:45	Family Fun Swim
14:00-15:00	Family Fun Swim
15:15-16:00	Party Hire
16:15-17:00	Party Hire / Staff Training

Sunday 3 August - Hydrotherapy Pool	
Time	Session
10:15-10:45	Pre-bookable via reception – screening required
11:30-12:00	Pre-bookable via reception – screening required

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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.

Week 3: Monday 4th August – Sunday 10th August

Monday 4 August – Main Pool	
Time	Session
07.00-08.00	Lane Swim
10.00-11.30	Public Swim (with 1 Lane)
12.00-13.00	Lane Swim
13.05-13.55	Public Swim (with 1 Lane)
14.00-15.00	Lane Swim
15.45-19.05	Junior Swimming Lessons
19.15-20.00	Disability Swim
20.30-21.45	Lane Swim

Monday 4 August – Small Pool	
Time	Session
09.00–09.30	Holiday Swim Lessons
09.30-10.25	Family Fun Swim
10.30-11.45	Holiday Swimming Lessons
12.00-13.00	Family Fun Swim
13.20-15.00	Parent & Child Swimming Lessons
15.45-18.15	Junior Swimming Lessons
18.30-19.15	Family Fun Swim

Monday 4 August – Hydrotherapy Pool	
Time	Session
10.30-11.00	Pre-bookable via reception – screening required
12.00-12.30	Pre-bookable via reception – screening required
18.15-18.45	Pre-bookable via reception - screening required

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Tuesday 5 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:30	Adult Swimming Lessons
10:30-11:45	Holiday Swimming lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
14:15-15:00	Aqua Mobility
15:45-18:00	Junior Swimming Lessons
18:15-19:00	Public Swim (with 1 Lane)
19:15-20:15	Female Lane Swim*
20:30-21:30	Lane Swim

*male & female lifeguards on duty

Tuesday 5 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:15	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:15-14:00	Family Fun Swim
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Tuesday 5 August – Hydrotherapy Pool	
Time	Session
10:30-11:00	Pre-bookable via reception – screening required
12:00-12:30	Pre-bookable via reception – screening required
13:30-14:00	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception – screening required

Wednesday 6 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:25	Public Swim (with 1 Lane)
10:30-11:45	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
14:00-15:00	Sport & Swim Camp (see holiday timetable)
15:45-18:00	Junior Swimming Lessons
19:00-19:30	Adult Swimming Lessons
19:45-20:45	Leeds & Bradford Triathlon Club (Private Booking)
20:45-21:30	Lane Swim

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Wednesday 6 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:25	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:15-14:00	Family Fun Swim
14:15-15:15	Family Fun Swim
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Wednesday 6 August – Hydrotherapy Pool	
Time	Session
12:00-12:30	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception – screening required

Thursday 7 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:15	Aqua Aerobics
10:30-11:45	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
14:15-15:00	Disability Swim
15:45-18:00	Junior Swimming Lessons
18:15-19:00	Public Swim (with 1 Lane)
19:15-20:00	Aqua Aerobics
20:15-21:00	Female Only Public Swim (with 1 Lane)
21:15-22:00	Lane Swim

Thursday 7 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:15	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:05-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Thursday 7 August – Hydrotherapy Pool	
Time	Session
12:00-12:30	Pre-bookable via reception – screening required
13:30-14:00	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception – screening required

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Friday 8 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:15	Public Swim (with 1 Lane)
10:30-11:45	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
14:15-15:15	Fun Swim
15:45-18:00	Junior Swimming Lessons
18:15-19:00	Public Swim (with 1 Lane)
19:15-20:15	Lane Swim
20:15-21:15	Leeds & Bradford Triathlon Club (Private Booking)

Friday 8 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:15	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:15-14:00	Family Fun Swim
14:15-15:15	Family Fun Swim
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Friday 8 August – Hydrotherapy Pool	
Time	Session
10:30-11:00	Pre-bookable via reception – screening required
12:00-12:30	Pre-bookable via reception – screening required

Saturday 9 August – Main Pool	
Time	Session
08:00-12:00	Junior Swimming Lessons
11:25-12:00	Disability Swimming Lessons (Juniors)
12:15-13:00	Lane Swim
13:15-14:15	Public Swim (1 lane)
14:30-15:30	Fun Swim
15:45-16:30	Party Hire
17:00-18:00	Lane Swim

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Saturday 9 August – Small Pool	
Time	Session
08:00-12:00	Junior Swimming Lessons
11:25-11:55	Disability Swimming Lessons (Juniors)
12:15-13:00	Family Fun Swim
13:15-14:15	Family Fun Swim
14:30-15:30	Family Fun Swim
15:45-16:30	Party Hire

Saturday 9 August - Hydrotherapy Pool	
Time	Session
12:15-12:45	Pre-bookable via reception – screening required

Sunday 10 August – Main Pool	
Time	Session
08:00-08:45	Lane Swim
09:00-10:00	Public Swim (with 1 lane)
10:15-11:15	Fun Swim
11:30-12:30	Lane Swim
12:45-13:45	Public Swim (with 1 lane)
14:00-15:00	Fun Swim
15:15-16:00	Party Hire
16:15-17:00	Party Hire / Staff Training
17:30-19:15	Lane Swim

Sunday 10 August – Small Pool	
Time	Session
09:00-10:00	Family Fun Swim
10:15-11:15	Family Fun Swim
11:30-12:30	Family Fun Swim
12:45-13:45	Family Fun Swim
14:00-15:00	Family Fun Swim
15:15-16:00	Party Hire
16:15-17:00	Party Hire / Staff Training

Sunday 10 August - Hydrotherapy Pool	
Time	Session
10:15-10:45	Pre-bookable via reception – screening required
11:30-12:00	Pre-bookable via reception – screening required

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.

Week 4: Monday 11th August – Sunday 17th August

Monday 11 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:25	Public Swim (with 1 Lane)
10:30-11:45	Holiday Swim Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:05-13:55	Public Swim (with 1 Lane)
14:00-15:00	Lane Swim
15:45-19:05	Junior Swimming Lessons
19:15-20:00	Disability Swim
20:30-21:45	Lane Swim

Monday 11 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swim Lessons
09:30-10:25	Family Fun Swim
10:30-11:45	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:20-15:00	Parent & Child Swimming Lessons
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Monday 4 August – Hydrotherapy Pool	
Time	Session
10:30-11:00	Pre-bookable via reception – screening required
12:00-12:30	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception - screening required

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Tuesday 12 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:30	Adult Swimming Lessons
10:30-11:45	Holiday Swimming lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
14:15-15:00	Aqua Mobility
15:45-18:00	Junior Swimming Lessons
18:15-19:00	Public Swim (with 1 Lane)
19:15-20:15	Female Lane Swim*
20:30-21:30	Lane Swim

*male & female lifeguards on duty

Tuesday 12 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:15	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:15-14:00	Family Fun Swim
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Tuesday 12 August – Hydrotherapy Pool	
Time	Session
10:30-11:00	Pre-bookable via reception – screening required
12:00-12:30	Pre-bookable via reception – screening required
13:30-14:00	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception – screening required

Wednesday 13 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:25	Public Swim (with 1 Lane)
10:30-11:45	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
14:00-15:00	Sport & Swim Camp (see holiday timetable)
15:45-18:00	Junior Swimming Lessons
19:00-19:30	Adult Swimming Lessons
19:45-20:45	Leeds & Bradford Triathlon Club (Private Booking)
20:45-21:30	Lane Swim

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Wednesday 13 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:25	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:15-14:00	Family Fun Swim
14:15-15:15	Family Fun Swim
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Wednesday 13 August – Hydrotherapy Pool	
Time	Session
12:00-12:30	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception – screening required

Thursday 14 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:15	Aqua Aerobics
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
15:45-18:00	Junior Swimming Lessons
18:15-19:00	Public Swim (with 1 Lane)
19:15-20:00	Aqua Aerobics
20:15-21:00	Female Only Public Swim (with 1 Lane)
21:15-22:00	Lane Swim

Thursday 14 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:15	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:05-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Thursday 14 August – Hydrotherapy Pool	
Time	Session
12:00-12:30	Pre-bookable via reception – screening required
13:30-14:00	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception – screening required

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Friday 15 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:15	Public Swim (with 1 Lane)
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
14:15-15:15	Fun Swim
15:45-18:00	Junior Swimming Lessons
18:15-19:00	Public Swim (with 1 Lane)
19:15-20:15	Lane Swim
20:15-21:15	Leeds & Bradford Triathlon Club (Private Booking)

Friday 15 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:15	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:15-14:00	Family Fun Swim
14:15-15:15	Family Fun Swim
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Friday 15 August – Hydrotherapy Pool	
Time	Session
10:30-11:00	Pre-bookable via reception – screening required
12:00-12:30	Pre-bookable via reception – screening required

Saturday 16 August – Main Pool	
Time	Session
08:00-12:00	Junior Swimming Lessons
11:25-12:00	Disability Swimming Lessons (Juniors)
12:15-13:00	Lane Swim
13:15-14:15	Public Swim (1 lane)
14:30-15:30	Fun Swim
15:45-16:30	Party Hire
17:00-18:00	Lane Swim

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Saturday 16 August – Small Pool	
Time	Session
08:00-12:00	Junior Swimming Lessons
11:25-11:55	Disability Swimming Lessons (Juniors)
12:15-13:00	Family Fun Swim
13:15-14:15	Family Fun Swim
14:30-15:30	Family Fun Swim
15:45-16:30	Party Hire

Saturday 16 August - Hydrotherapy Pool	
Time	Session
12:15-12:45	Pre-bookable via reception – screening required

Sunday 17 August – Main Pool	
Time	Session
08:00-08:45	Lane Swim
09:00-10:00	Public Swim (with 1 lane)
10:15-11:15	Fun Swim
11:30-12:30	Lane Swim
12:45-13:45	Public Swim (with 1 lane)
14:00-15:00	Fun Swim
15:15-16:00	Party Hire
16:15-17:00	Party Hire / Staff Training
17:30-19:15	Lane Swim

Sunday 17 August – Small Pool	
Time	Session
09:00-10:00	Family Fun Swim
10:15-11:15	Family Fun Swim
11:30-12:30	Family Fun Swim
12:45-13:45	Family Fun Swim
14:00-15:00	Family Fun Swim
15:15-16:00	Party Hire
16:15-17:00	Party Hire / Staff Training

Sunday 17 August - Hydrotherapy Pool	
Time	Session
10:15-10:45	Pre-bookable via reception – screening required

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 5: Monday 18th August – Sunday 24th August

Monday 18 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:25	Public Swim (with 1 Lane)
10:30-11:45	Holiday Swim Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:05-13:55	Public Swim (with 1 Lane)
14:00-15:00	Lane Swim
15:45-19:05	Junior Swimming Lessons
19:15-20:00	Disability Swim
20:30-21:45	Lane Swim

Monday 18 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swim Lessons
09:30-10:25	Family Fun Swim
10:30-11:45	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:20-15:00	Parent & Child Swimming Lessons
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Monday 18 August – Hydrotherapy Pool	
Time	Session
10:30-11:00	Pre-bookable via reception – screening required
12:00-12:30	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception - screening required

Swimming Timetable
Summer Holidays; 21 July - 31 August 25

Tuesday 19 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:30	Adult Swimming Lessons
10:30-11:45	Holiday Swimming lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
14:15-15:00	Aqua Mobility
15:45-18:00	Junior Swimming Lessons
18:15-19:00	Public Swim (with 1 Lane)
19:15-20:15	Female Lane Swim*
20:30-21:30	Lane Swim

*male & female lifeguards on duty

Tuesday 19 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:15	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:15-14:00	Family Fun Swim
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Tuesday 19 August – Hydrotherapy Pool	
Time	Session
10:30-11:00	Pre-bookable via reception – screening required
12:00-12:30	Pre-bookable via reception – screening required
13:30-14:00	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception – screening required

Wednesday 20 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:25	Public Swim (with 1 Lane)
10:30-11:45	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
14:15-15:15	Sport & Swim Camp (see holiday timetable)
15:45-18:00	Junior Swimming Lessons
19:00-19:30	Adult Swimming Lessons
19:45-20:45	Leeds & Bradford Triathlon Club (Private Booking)
20:45-21:30	Lane Swim

Swimming Timetable
Summer Holidays; 21 July - 31 August 25

Wednesday 20 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:25	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:15-14:00	Family Fun Swim
14:15-15:15	Family Fun Swim
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Wednesday 20 th August – Hydrotherapy Pool	
Time	Session
12:00-12:30	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception – screening required

Thursday 21 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:15	Aqua Aerobics
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
14:15-15:00	Disability Swim
15:45-18:00	Junior Swimming Lessons
18:15-19:00	Public Swim (with 1 Lane)
19:15-20:00	Aqua Aerobics
20:15-21:00	Female Only Public Swim (with 1 Lane)
21:15-22:00	Lane Swim

Thursday 21 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:15	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:05-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Thursday 21 August – Hydrotherapy Pool	
Time	Session
12:00-12:30	Pre-bookable via reception – screening required
13:30-14:00	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception – screening required

Swimming Timetable
Summer Holidays; 21 July - 31 August 25

Friday 22 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:15	Public Swim (with 1 Lane)
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
14:15-15:15	Fun Swim
15:45-18:00	Junior Swimming Lessons
18:15-19:00	Public Swim (with 1 Lane)
19:15-20:15	Lane Swim
20:15-21:15	Leeds & Bradford Triathlon Club (Private Booking)

Friday 22 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:15	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:15-14:00	Family Fun Swim
14:15-15:15	Family Fun Swim
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Friday 22 August – Hydro Pool (Screening Required to attend)	
Time	Session
10:30-11:00	Pre-bookable via reception – screening required
12:00-12:30	Pre-bookable via reception – screening required

Saturday 23 August – Main Pool	
Time	Session
08:00-12:00	Junior Swimming Lessons
11:25-12:00	Disability Swimming Lessons (Juniors)
12:15-13:00	Lane Swim
13:15-14:15	Public Swim (1 lane)
14:30-15:30	Fun Swim
15:45-16:30	Party Hire
17:00-18:00	Lane Swim

Swimming Timetable
Summer Holidays; 21 July - 31 August 25

Saturday 23 August – Small Pool	
Time	Session
08:00-12:00	Junior Swimming Lessons
11:25-11:55	Disability Swimming Lessons (Juniors)
12:15-13:00	Family Fun Swim
13:15-14:15	Family Fun Swim
14:30-15:30	Family Fun Swim
15:45-16:30	Party Hire

Saturday 23 August - Hydrotherapy Pool	
Time	Session
12:15-12:45	Pre-bookable via reception – screening required

Sunday 24 August – Main Pool	
Time	Session
08:00-08:45	Lane Swim
09:00-10:00	Public Swim (with 1 lane)
10:15-11:15	Fun Swim
11:30-12:30	Lane Swim
12:45-13:45	Public Swim (with 1 lane)
14:00-15:00	Fun Swim
15:15-16:00	Party Hire
16:15-17:00	Party Hire / Staff Training
17:30-19:15	Lane Swim

Sunday 24 August – Small Pool	
Time	Session
09:00-10:00	Family Fun Swim
10:15-11:15	Family Fun Swim
11:30-12:30	Family Fun Swim
12:45-13:45	Family Fun Swim
14:00-15:00	Family Fun Swim
15:15-16:00	Party Hire
16:15-17:00	Party Hire / Staff Training

Sunday 17 August - Hydrotherapy Pool	
Time	Session
10:15-10:45	Pre-bookable via reception – screening required

Swimming Timetable
Summer Holidays; 21 July - 31 August 25

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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.

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

Monday 25 August – Main Pool (Bank Holiday)	
Time	Session
07:00-08:00	Lane Swim
09:30-10:25	Public Swim (with 1 Lane)
10:30-11:45	Holiday Swim Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13.15-14.00	Public Swim (with 1 Lane)

Monday 25 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swim Lessons (see holiday timetable)
09:30-10:25	Family Fun Swim
10:30-11:45	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13.15-14.15	Family Fun Swim

Monday 25 August – Hydrotherapy Pool	
Time	Session
10:30-11:00	Pre-bookable via reception – screening required
12:00-12:30	Pre-bookable via reception – screening required

Swimming Timetable
Summer Holidays; 21 July - 31 August 25

Tuesday 26 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:30	Adult Swimming Lessons
10:30-11:45	Holiday Swimming lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
14:15-15:00	Aqua Mobility
15:45-18:00	Junior Swimming Lessons
18:15-19:00	Public Swim (with 1 Lane)
19:15-20:15	Female Lane Swim*
20:30-21:30	Lane Swim

*male & female lifeguards on duty

Tuesday 26 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:15	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:15-14:00	Family Fun Swim
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Tuesday 26 August – Hydrotherapy Pool	
Time	Session
10:30-11:00	Pre-bookable via reception – screening required
12:00-12:30	Pre-bookable via reception – screening required
13:30-14:00	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception – screening required

Wednesday 27 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:25	Public Swim (with 1 Lane)
10:30-11:45	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
14:15-15:15	Sport & Swim Camp (see holiday timetable)
15:45-18:00	Junior Swimming Lessons
19:00-19:30	Adult Swimming Lessons
19:45-20:45	Leeds & Bradford Triathlon Club (Private Booking)
20:45-21:30	Lane Swim

Swimming Timetable
Summer Holidays; 21 July - 31 August 25

Wednesday 27 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:25	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:15-14:00	Family Fun Swim
14:15-15:15	Family Fun Swim
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Wednesday 27 August – Hydro Pool (Screening Required to attend)	
Time	Session
12:00-12:30	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception – screening required

Thursday 28 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:15	Aqua Aerobics
10:30-11:45	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 lane)
14:15-15:00	Disability Swim
15:45-18:00	Junior Swimming Lessons
18:15-19:00	Public Swim (with 1 Lane)
19:15-20:00	Aqua Aerobics
20:15-21:00	Female Only Public Swim (with 1 Lane)
21:15-22:00	Lane Swim

Thursday 28 ^s August – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:15	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:05-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Thursday 28 August – Hydrotherapy Pool	
Time	Session
12:00-12:30	Pre-bookable via reception – screening required
13:30-14:00	Pre-bookable via reception – screening required
18:15-18:45	Pre-bookable via reception – screening required

Swimming Timetable
Summer Holidays; 21 July - 31 August 25

Friday 29 August – Main Pool	
Time	Session
07:00-08:00	Lane Swim
09:30-10:15	Public Swim (with 1 Lane)
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Lane Swim
13:15-14:00	Public Swim (with 1 Lane)
14:15-15:15	Fun Swim
15:45-18:00	Junior Swimming Lessons
18:15-19:00	Public Swim (with 1 Lane)
19:15-20:15	Lane Swim
20:15-21:15	Leeds & Bradford Triathlon Club (Private Booking)

Friday 29 August – Small Pool	
Time	Session
09:00-09:30	Holiday Swimming Lessons (see holiday timetable)
09:30-10:15	Family Fun Swim
10:30-11:30	Holiday Swimming Lessons (see holiday timetable)
12:00-13:00	Family Fun Swim
13:15-14:00	Family Fun Swim
14:15-15:15	Family Fun Swim
15:45-18:15	Junior Swimming Lessons
18:30-19:15	Family Fun Swim

Friday 29 August – Hydrotherapy Pool	
Time	Session
10:30-11:00	Pre-bookable via reception – screening required
12:00-12:30	Pre-bookable via reception – screening required

Saturday 30 August – Main Pool	
Time	Session
08:00-12:00	Junior Swimming Lessons
11:25-12:00	Disability Swimming Lessons (Juniors)
12:15-13:00	Lane Swim
13:15-14:15	Public Swim (1 lane)
14:30-15:30	Fun Swim
15:45-16:30	Party Hire
17:00-18:00	Lane Swim

Swimming Timetable
Summer Holidays; 21 July - 31 August 25

Saturday 30 August – Small Pool	
Time	Session
08:00-12:00	Junior Swimming Lessons
11:25-11:55	Disability Swimming Lessons (Juniors)
12:15-13:00	Family Fun Swim
13:15-14:15	Family Fun Swim
14:30-15:30	Family Fun Swim
15:45-16:30	Party Hire

Saturday 30 August - Hydrotherapy Pool	
Time	Session
12:15-12:45	Pre-bookable via reception – screening required

Sunday 31 August – Main Pool	
Time	Session
08:00-08:45	Lane Swim
09:00-10:00	Public Swim (with 1 lane)
10:15-11:15	Fun Swim
11:30-12:30	Lane Swim
12:45-13:45	Public Swim (with 1 lane)
14:00-15:00	Fun Swim
15:15-16:00	Party Hire
16:15-17:00	Party Hire / Staff Training
17:30-19:15	Lane Swim

Sunday 31 August – Small Pool	
Time	Session
09:00-10:00	Family Fun Swim
10:15-11:15	Family Fun Swim
11:30-12:30	Family Fun Swim
12:45-13:45	Family Fun Swim
14:00-15:00	Family Fun Swim
15:15-16:00	Party Hire
16:15-17:00	Party Hire / Staff Training

Sunday 31 August - Hydrotherapy Pool	
Time	Session
10:15-10:45	Pre-bookable via reception – screening required