

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

Cost

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

Junior. £3.00 Standard, U3s Free

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

R = restricted lanes, pool may be shared with another booking

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

Monda	y – Main Pool
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 10.30	Family Fun Swim
10.45 - 11.30	Family Fun Swim
11.45 - 12.45	Lane Swim
13:00 - 14.00	Public Swim (with 1 Lane)
14.15 - 15.15	Family Fun Swim
15.45 - 18.35	Junior Swimming Lessons
18.45 - 20.00	Public Swim (with 1 Lane)
20.15 - 21.30	Lane Swim

Monday – Small Pool	
Time	Session
09.30 - 10.30	Family Fun Swim
10.45 - 11.30	Family Fun Swim
11.45 - 12.45	Family Fun Swim
13.00 - 14.00	Family Fun Swim
14.15 - 15.15	Family Fun Swim
15.45 - 18.35	Junior Swimming Lessons
18.45 - 19.45	Family Fun Swim



Tuesday – Main Pool	
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
10.30 - 11.30	Family Fun Swim
11.45 - 12.45	Lane Swim
13.00 - 13.45	Public Swim (with 1 Lane)
14.00 - 15.00	Intensive Swimming Lessons (see holiday timetable)
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.00	Public Swim (with 1 Lane)
19.15 - 20.00	Aqua Aerobics
20.15 - 21.30	Lane Swim

Please note the 13.00-14.00 swim will be cancelled on 29/7/25 and 5/8/25 due to staff training.

Tuesday – Small Pool	
Time	Session
08.50 - 11.50	Adult & Child Swimming Lessons
12.00 - 12.45	Family Fun Swim
13.00 - 13.45	Family Fun Swim
14.00 - 15.00	Intensive Swimming Lessons (see holiday timetable)
15.45 - 18.00	Junior Swimming lessons
18.15 - 18.45	Disability Hub

Please note the 13.00-14.00 swim will be cancelled on 29/7/25 and 5/8/25 due to staff training.

Wednesday – Main Pool	
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 10.30	Family Fun Swim
10.45 - 11.30	Family Fun Swim
11.45 - 12.45	Lane Swim
13.00 - 13.45	Public Swim (with 1 Lane)
14.00 - 15.00	Intensive Swimming Lessons (see holiday timetable)
15.45 - 18.45	Junior Swimming Lessons
19.00 - 19.45	Aqua Aerobics
20.00 - 21.30	Adult Swim Lessons
20.30 - 21.30	Lane Swim R

Wednesday – Small Pool	
Time	Session
10.00 - 13.35	Adult & Child Swimming Lessons
14.00 - 15.00	Intensive Swimming Lessons (see holiday timetable)
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.00	Family Fun Swim



Thursday – Main Pool	
Time	Session
07.00 - 09.15	Lane Swim
09.30 - 10.30	Family Fun Swim
11.15 - 12.00	Aqua Aerobics
12.15 - 13.45	Lane Swim
14.00 - 15.00	Intensive Swimming Lessons (see holiday timetable)
15.45 - 17.30	Junior Swimming Lessons
17.45 - 18.45	Public Swim (with 1 Lane) (R)
19.00 - 22.00	Private Hire

Thursday – Small Pool		
Time	Session	
09.30 - 10.30	Family Fun Swim	
12.15 - 13.45	Family Fun Swim	
14.00 - 15.00	Intensive Swimming Lessons (see holiday timetable)	
15.45 - 17.30	Junior Swimming Lessons	
17.45 - 18.45	Family Fun Swim	

Friday	– Main Pool
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Public Swim (with 1 Lane)
11.45 - 12.45	Lane Swim
13.00 - 13.45	Public Swim (with 1 Lane)
14.00 - 15.00	Intensive Swimming Lessons (see holiday timetable)
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.45	Public Swim (with 1 Lane)
20.00 - 21.30	Lane Swim

Friday - Small Pool		– 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
	13.00 - 13.45	Family Fun Swim
	14.00 - 15.00	Intensive Swimming Lessons (see holiday timetable)
	15.45 - 18.00	Junior Swimming Lessons
	18.15 - 19.15	Family Fun Swim



Saturday – Main Pool	
Time	Session
08.00 - 12.15	Junior Swimming Lessons
12.30 - 13.30	Lane Swim
13.45 - 14.45	Fun Swim
15.15 - 16.00	Lane Swim

Saturday	y – Small Pool
Time	Session
08.00 - 11.45	Junior Swimming Lessons
12.30 - 13.30	Family Fun Swim
13.45 - 14.45	Family Fun Swim
15.30 - 16.35	Junior Swimming lessons

Sunday – Main Pool		
	Time	Session
08.00 - 09.00		Junior Swimming Lessons
09.00 - 10.00		Lane Swim
10.15 - 11.15		Fun Swim
11.30 - 12.15		Fun Swim
12.30 - 13.30		Lane Swim
13.45 - 14.45		Fun Swim
15.00 - 17.15		Junior Swimming Lessons
17.30 - 18.15		Disability Swim
18.30 - 19.30		Adult Swimming Lessons
19.45 - 20.30		Swimfit Coached Adults
20.30 - 21.30		Lane Swim

Sunday – Small Pool		
Time	Session	
08.00 - 10.15	Adult & Child Swimming Lessons	
10.30 - 11.15	Family Fun Swim	
11.30 - 12.15	Family Fun Swim	
12.30 - 13.30	Family Fun Swim	
13.45 - 14.45	Family Fun Swim	
15.00 - 18.50	Junior Swimming Lessons	

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

For summer junior holiday activities & holiday lesson information please visit <u>active.leeds.gov.uk</u>



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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 – Main Pool (BANK HOLIDAY)		
Time	Session	
07.00 - 08.00	Lane Swim	
08.15 - 09.15	Adult Width Swim	
09.30 - 10.15	Family Fun Swim	
10.30 - 11.30	Family Fun Swim	
11.45 - 12.45	Lane Swim	
13.00 - 14.00	Family Fun Swim	
14.15 - 15.30	Family Fun Swim	

Monday 25 August – 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
13.00 - 14.00			Family Fun Swim
14.15 - 15.30)	Family Fun Swim

Tuesday 26 August – Main Pool		
Time	Session	
07.00 - 08.00	Lane Swim	
08.15 - 09.15	Adult Width Swim	
09.30 - 10.30	Family Fun Swim	
10.45 - 11.30	Family Fun Swim	
11.45 - 12.45	Lane Swim	
14.45 - 15.30	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 - 21.30	Lane Swim	



Tuesday 26 August – Small Pool		
Time Session		
08.50 - 11.50	Adult & Child Swimming Lessons	
12.00 - 12.45	Family Fun Swim	
15.45 - 18.00	Junior Swimming lessons	
18.15 - 18.45	Disability Hub Swimming Lessons	

Wednesday 27 August – Main Pool		
Time	Session	
07.00 - 08.00	Lane Swim	
08.15 - 09.15	Adult Width Swim	
09.30 - 10.30	Family Fun Swim	
10.45 - 11.30	Public Swim (With 1 Lane)	
11.45 - 12.45	Lane Swim	
13.00 - 14.00	Family Fun Swim	
14.30 - 15.30	Public Swim (with 1 Lane)	
15.45 - 18.45	Junior Swimming Lessons	
19.00 - 19.45	Aqua Aerobics	
20.00 - 21.30	Adult Swimming Lessons	
20.30 - 21.30	Lane Swim R	

Wednesday 27 August – Small Pool			
	Time	Session	
09.15 - 13.35		Adult & Child Swimming Lessons	
13.45 - 14.30		Family Fun Swim	
14.45 - 15.30		Family Fun Swim	
15.45 - 18.00		Junior Swimming Lessons	
18.15 - 19.00		Family Fun Swim	

Thursday 28 August – Main Pool		
Time	Session	
07.00 - 09.15	Lane Swim	
09.30 - 10.30	Family Fun Swim	
11.15 - 12.00	Aqua Aerobics	
12.15 - 13.15	Lane Swim	
13.30 - 14.30	Family Fun Swim	
14.45 - 15.30	Public Swim (with 1 Lane)	
15.45 - 17.30	Junior Swimming Lessons	
17.45 - 18.45	Public Swim (with 1 Lane) R	
19.00 - 22.00	Private Hire	



Thursday 28 August – Small Pool		
Time	Session	
09.30 - 10.30	Family Fun Swim	
12.15 - 13.15	Family Fun Swim	
13.30 - 14.30	Family Fun Swim	
14.45 - 15.30	Family Fun Swim	
15.45 - 17.30	Junior Swimming Lessons	
17.45 - 18.45	Family Fun Swim	

Friday 29 August – Main Pool		
Time	Session	
07.00 - 08.00	Lane Swim	
08.15 - 09.15	Adult Width Swim	
09.30 - 10.15	Family Fun Swim	
10.30 - 11.30	Public Swim (with 1 Lane)	
11.45 - 12.45	Lane Swim	
13.00 - 14.00	Family Fun Swim	
14.30 - 15.15	Public Swim (with 1 Lane)	
15.45 - 18.00	Junior Swimming Lessons	
18.15 - 19.45	Public Swim (with 1 Lane)	
20.00 - 21.30	Lane Swim	

Friday 29 August – 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	
13.00 - 14.00	Family Fun Swim	
14.30 - 15.15	Family Fun Swim	
15.45 - 18.00	Junior Swimming Lessons	
18.15 - 19.15	Family Fun Swim	

Saturday 30 August – Main Pool			
Time	Session		
08.00 - 12.15	Junior Swimming Lessons		
12.30 - 13.30	Lane Swim		
13.45 - 14.45	Fun Swim		
15.15 - 16.00	Lane Swim		



Saturday 30 August – Small Pool		
Time	Session	
08.00 - 11.45	Junior Swimming Lessons	
12.30 - 13.30	Family Fun Swim	
13.45 - 14.45	Family Fun Swim	
15.30 - 16.45	Junior Swimming lessons	

Sunday 31 August – Main Pool		
Time	Session	
08.00 - 09.00	Junior Swimming Lessons	
09.00 - 10.00	Lane Swim	
10.15 - 11.15	Fun Swim	
11.30 - 12.15	Fun Swim	
12.30 - 13.30	Lane Swim	
13.45 - 14.45	Fun Swim	
15.00 - 17.15	Junior Swimming Lessons	
17.30 - 18.15	Disability Swim	
18.30 - 19.30	Adult Swimming Lessons	
19.45 - 20.30	Swimfit Coached Adults	
20.30 - 21.30	Lane Swim	

Sunday 31 August – Small Pool			
	Time	Session	
08.00 - 10.15		Adult & Child Swimming Lessons	
10.30 - 11.15		Family Fun Swim	
11.30 - 12.15		Family Fun Swim	
12.30 - 13.30		Family Fun Swim	
13.45 - 14.45		Family Fun Swim	
15.00 - 18.50		Junior Swimming Lessons	

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