

Swimming Timetable 21 July – 1 September 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
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
13:30 – 14:30	1-2-1 Lessons (Bookable)**
15:30 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Public Swim (with 2 Lanes)
19:15 – 20:00	Aqua Aerobics
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
09:30 – 10:30	Public Swim 2 Lanes
11:00 – 11:30	Intensive Swimming Lessons (Beginner)(Bookable)**
11:15 – 11:45	1-2-1's & 1-2-1 stroke technique (bookable)**
12:00 – 13:00	Lane Swim
14:30 – 15:15	Adult Width Swim
15:30 – 18:00	Junior Swimming Lessons
20:15 – 21:30	Lane Swim

Tuesday – Small Pool	
Time	Session
09:30 – 10:30	Family Swim
12:00 – 12:45	Family Swim
15:30 – 18:35	Junior Swimming Lessons

Swimming Timetable 21 July – 1 September 25

Wednesday – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:15 – 09:00	Lane Swim
09:05 – 09:50	Aqua Aerobics
11:00 – 11:30	Intensive Swimming Lessons (Beginner)
12:00 – 13:00	Lane Swim
13:15 -13:45	1-2-1 Lessons
15:30 – 19:00	Junior Swimming Lessons
20:45 – 22:00	Lane Swim

Wednesday – Small Pool	
Time	Session
09:30 – 10:30	Family Swim
12:00 – 12:45	Family Swim
15:30 – 18:35	Junior Swimming Lessons

Thursday – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:15 – 09:00	Lane Swim
09:15 – 10:00	Aqua Aerobics
10:15 – 11:15	Public Swim (with 2 Lanes)
11:20 – 11:50	Intensive Swimming Lessons (Beginner)(Bookable)**
12:00 – 13:00	Lane Swim
13:15 – 13:45	1-2-1 Lessons (Bookable)**
15:30 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Public Swim (with 2 Lanes)
19:15 – 20:00	Aqua Aerobics
20:15 – 21:00	Female Only Lane Swim
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

Friday – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:15 – 09:00	Lane Swim
09:30 – 10:30	Public Swim (with 2 Lanes)
11:00 – 11:30	Intensive Swimming Lessons (Beginner)(Bookable)**
11:15 – 11:45	1-2-1's & 1-2-1 stroke technique (Bookable)**
12:00 – 13:00	Lane Swim
13:30 – 14:30	Rookie Taster Session
15:30 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Public Swim (with 2 Lanes)
20:00 – 21:00	Lane Swim

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Friday – Small Pool	
Time	Session
09:30 – 10:30	Family Swim
12:00 – 12:45	Family Swim
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 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

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

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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
07:00 – 08:00	Lane Swim
08:15 – 09:00	Lane Swim
10:00 – 11:00	Public Swim (with 2 Lanes)
11:15 – 11:45	1-2-1 Lessons (Bookable)**
12:00 – 13:00	Lane Swim
15:30 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Public Swim (with 2 Lanes)
19:15 – 20:00	Aqua Aerobics
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
09:30 – 10:30	Public Swim (with 2 Lanes)
11:00 – 11:30	Intensive Swimming Lessons (Beginner) (Bookable)**
11:15 – 11:45	1-2-1's & 1-2-1 stroke technique (Bookable)**
12:00 – 13:00	Lane Swim
13:10 – 13:55	Healthy Holidays
14:30 – 15:15	Adult Width Swim
15:30 – 18:35	Junior Swimming Lessons
18:15 – 19:00	Public swim (with 2 lanes)
19:15 – 20:00	Public swim (with 2 lanes)
20:15 – 21:30	Lane Swim

Tuesday – Small Pool	
Time	Session
09:30 – 10:30	Family Swim
12:00 – 12:45	Family Swim
15:30 – 18:35	Junior Swimming Lessons

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Wednesday – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:15 – 09:00	Lane Swim
09:05 – 09:50	Aqua Aerobics
11:00 – 11:30	Intensive Swimming Lessons (Beginner) (Bookable)**
12:00 – 13:00	Lane Swim
13:10 – 13:55	Healthy Holidays
15:30 – 19:00	Junior Swimming Lessons
19:00 – 19:30	Adult 1-2-1 Lessons (Bookable)**
20:45 – 22:00	Lane Swim

Wednesday – Small Pool	
Time	Session
09:30 – 10:30	Family Swim
12:00 – 12:45	Family Swim
15:30 – 18:35	Junior Swimming Lessons

Thursday – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:15 – 09:00	Lane Swim
09:15 – 10:00	Aqua Aerobics
10:15 – 11:15	Public Swim (with 2 Lanes)
11:20 – 11:50	Intensive Swimming Lessons (Beginner) (Bookable)**
12:00 – 13:00	Lane Swim
13:10 – 13:55	Healthy Holidays
15:30 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Public Swim (with 2 Lanes)
19:15 – 20:00	Aqua Aerobics
20:15 – 21:00	Female Only Lane Swim
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

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Friday – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:15 – 09:00	Lane Swim
09:30 – 10:30	Public Swim (with 2 Lanes)
11:00 – 11:30	Intensive Swimming Lessons (Beginners) (Bookable)**
11:15 – 11:45	1-2-1's & 1-2-1 stroke technique (Bookable)**
12:00 – 13:00	Lane Swim
13:10 – 13:55	Healthy Holidays
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
09:30 – 10:30	Family Swim
12:00 – 12:45	Family Swim
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 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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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 – Main Pool (BANK HOLIDAY)	
Time	Session
07:00 – 08:00	Lane Swim
08:15 – 09:00	Lane Swim
09:30 – 10:30	Public Swim (with 2 Lanes)
10:45 – 11:45	Public Swim (with 2 Lanes)
12:00 – 13:00	Lane Swim

Monday – Small Pool	
Time	Session
09:30 – 10:30	Family Swim
10:45 – 11:45	Family Swim
12:00 – 12:45	Family Swim

Tuesday – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:15 – 09:00	Lane Swim
09:30 – 10:30	Public Swim 2 Lanes
11:00 – 11:30	Intensive Swimming Lessons (Beginner) (Bookable)**
11:15 – 11:45	1-2-1's & 1-2-1 stroke technique (Bookable)**
12:00 – 13:00	Lane Swim
14:30 – 15:15	Adult Width Swim
15:30 – 18:35	Junior Swimming Lessons
20:15 – 21:30	Lane Swim

Tuesday – Small Pool	
Time	Session
09:30 – 10:30	Family Swim
12:00 – 12:45	Family Swim
15:30 – 18:35	Junior Swimming Lessons

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Wednesday – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:15 – 09:00	Lane Swim
09:05 – 09:50	Aqua Aerobics
11:00 – 11:30	Intensive Swimming Lessons (Beginner) (Bookable)**
12:00 – 13:00	Lane Swim
15:30 – 19:00	Junior Swimming Lessons
20:45 – 22:00	Lane Swim

Wednesday – Small Pool	
Time	Session
09:30 – 10:30	Family Swim
12:00 – 12:45	Family Swim
15:30 – 18:35	Junior Swimming Lessons

Thursday – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:15 – 09:00	Lane Swim
09:15 – 10:00	Aqua Aerobics
10:15 – 11:15	Public Swim (with 2 Lanes)
11:20 – 11:50	Intensive Swimming Lessons (Beginner) (Bookable)**
12:00 – 13:00	Lane Swim
15:30 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Public Swim (with 2 Lanes)
19:15 – 20:00	Aqua Aerobics
20:15 – 21:00	Female Only Lane Swim
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

Friday – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:15 – 09:00	Lane Swim
09:30 – 10:30	Public Swim (with 2 Lanes)
11:00 – 11:30	Intensive Swimming Lessons (Beginner) (Bookable)**
11:15 – 11:45	1-2-1's & 1-2-1 stroke technique (Bookable)**
12:00 – 13:00	Lane Swim
14:00 – 15:00	Stage 8 Tester
15:30 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Public Swim (with 2 Lanes)
20:00 – 21:00	Lane Swim

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Friday – Small Pool	
Time	Session
09:30 – 10:30	Family Swim
12:00 – 12:45	Family Swim
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 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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