

## Swimming Timetable

### Spring Bank Half Term; 25 – 31 May 2026

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](http://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

**Inflatable Fun Session:** £3.00 junior standard

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

Monday 25 May – Main Pool (Bank Holiday)	
Time	Session
08.00-09.00	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Public Swim (with 2 Lanes)
12.00-12.55	Lane Swim

Monday 25 May – Small Pool	
Time	Session
09.30-10.30	Family Fun Swim
10:45-11:45	Family Fun Swim
12.00-12.45	Family Fun Swim

Tuesday 26 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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<b>Tuesday 26 May – Main Pool</b>	
Time	Session
07.15-09.15	Lane Swim
10.00-10.45	Aqua Zumba
11.00-11.45	Disability Swim / Lane Swim
11.50-12.55	Lane Swim
13.30-14.30	Public Swim (with 2 Lanes)
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

<b>Tuesday 26 May – Small Pool</b>	
Time	Session
09.15-10.00	Family Fun Swim
11:00-11.30	Junior Swimming Lessons
12.00-12.45	Family Fun Swim
13.30-14.30	Family Fun Swim
15.40-18.00	Junior Swimming Lessons

<b>Wednesday 27 May – Hydrotherapy Pool</b>	
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

<b>Wednesday 27 May – Main Pool</b>	
07.15-09.15	Lane Swim
10.45-11.45	Disney Themed Public Swim (with 2 Lanes)
12.00-12.55	Lane Swim
13.30-14.30	SEN Family Friendly Fun Swim (must be accompanied by parent/carer)
15.40-18.00	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
21.15-22.00	Lane Swim

<b>Wednesday 27 May – Small Pool</b>	
10.45-11.45	Disney Themed Family Fun Swim
12.00-12.55	Family Fun Swim
13.30-14.30	SEN Family Friendly Fun Swim (must be accompanied by parent/carer)
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

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**Thursday 28 May – Hydrotherapy Pool**

Time	Session
12.15-13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General

**Thursday 28 May – Main Pool**

Time	Session
07.15-09.15	Lane Swim
09.30-10.30	Capital Radio Music-Public Swim (with 2 Lanes)
10.45-11.45	ABBA Music-Public Swim (with 2 Lanes)
12.00-12.55	Lane Swim
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 28 May – Small Pool**

Time	Session
09.30-10.30	Capital Radio Music-Family Fun Swim
12.00-12.45	ABBA Music-Family Fun Swim
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

**Friday 29 May – Hydrotherapy Pool**

Time	Session
09.30-11.00	Junior Swimming Lessons
11.00-12.05	Junior Swimming Lessons

**Friday 29 May - Main Pool**

Time	Session
07.15-09.15	Lane Swim
09.45-10.30	Pool Inflatable Fun 8-16yrs (Bookable)
10.35-11:20	Pool Inflatable Fun 8-16yrs (Bookable)
12.00-12.55	Lane Swim
13.30-14.30	Public Swim (with 2 Lanes)
15.40-18.00	Junior Swimming Lessons
20.00-21.00	Lane Swim

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Friday 29 May – Small Pool	
Time	Session
12.00-12.45	Family Fun Swim
13.30-14.30	Family Fun Swim
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Saturday 30 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 30 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 31 May – Hydrotherapy Pool	
Time	Session
12.30-13.15	Hydrotherapy Access
12.30-13.15	Hydrotherapy General

Sunday 31 May – Main Pool	
Time	Session
08.15-09.15	Lane Swim
09.30-10.30	Fun Float Swim
10.30-11.30	Fun Float Swim
11.30-12.30	Fun float Swim
12.45-13.45	Lane Swim
18.05-19.05	Lane Swim

Sunday 31 May – 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)

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For session descriptions please visit [active.leeds.gov.uk/swimming](https://active.leeds.gov.uk/swimming)

For junior holiday activities & holiday lesson information please visit [active.leeds.gov.uk](https://active.leeds.gov.uk)

For the inflatable fun swim please call **0113 3760398** to book or see a member of the reception team to book a place.

SPRING BANK