

Swimming Timetable Summer Holidays 20 July – 31 August 2026

Please note swimming sessions are currently **non-bookable** (except Aqua Aerobics/Mobility/Inflatable Fun Swim), 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: £6.60 Standard, £5.90 Leeds card, £5.15 Leeds card 60 (Peak), £3.80 Leeds card 60 (Off Peak), £3.15 Leeds card Extra (Peak), £2.50 Leeds card Extra (Off Peak)

Junior: £3.15 Standard, U3s Free

Inflatable Fun Swim. £4.00 standard. Limited Spaces. Prebookable. Ages 8-16yrs only.

Peak: After 16:00 weekdays. Off Peak: opening - 16:00 weekdays & all weekend.

Week 1: Monday 20 July – Sunday 26 July

Monday – Main Pool	
Time	Session
07.15-09.15	Lane Swim
09.30-10.15	Aqua Mobility
10.20-11.15	Public Swim (with 2 Lanes)
11.30-12.55	Lane Swim
13.30-14.30	Public Swim (with 2 lanes)
15.40-18.00	Junior Swimming Lessons
19.00-19.30	Adult Swimming Lessons
19.35-20.15	Lane Swim

Monday – Small Pool	
Time	Session
09.15-10.00	Junior Swimming Lessons
12.00-12.45	Family Fun Swim
13.00-14.30	Family Fun Swim
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Monday – Hydro - Pre-bookable - Screening Required	
Time	Session
10.00-10.30	Junior Swimming Lessons
13.00-14.05	Junior Swimming Lessons

Swimming Timetable
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Tuesday – Main Pool

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
15.40-17.55	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
15.40-17.55	Junior Swimming Lessons
18.00-18.55	Public Swim (with 2 Lanes)
19.00-20.00	Female Lane Swim

Tuesday – Small Pool

Time	Session
09.15-10.00	Family Fun Swim
12.00-12.45	Family Fun Swim
15.40-18.00	Junior Swimming Lessons

Tuesday – Hydro - Pre-bookable - Screening Required

Time	Session
10.45-11.15	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

Wednesday – Main Pool

Time	Session
07.15-09.15	Lane Swim
09.45-10.30	Pool Inflatable 8-16yrs (bookable)
10.35-11.15	Pool Inflatable 8-16yrs (bookable)
12.05-12.55	Lane Swim
13.30-14.30	Public Swim (with 2 Lanes) - with music
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
21.15-22.00	Lane Swim

Wednesday – Small Pool

Time	Session
12.00-12.45	Family Fun Swim
13.30-14.30	Family Fun Swim - with music
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Swimming Timetable
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Wednesday – Hydro - Pre-bookable - Screening Required

Time	Session
12.15-13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General
18.30-19.15	Hydrotherapy Access
18.30-19.15	Hydrotherapy General

Thursday – Main Pool

Time	Session
07.15-09.15	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)-with music
10.45-11.45	Public Swim (with 2 Lanes)-with music
12.05-12.55	Lane Swim
15.40-17.55	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 – Small Pool

Time	Session
09.30-10.30	Public Swim (with 2 Lanes)-with music
10.45-11.45	Public Swim (with 2 Lanes)-with music
12.05-12.55	Family Fun Swim
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Thursday – Hydro - Pre-bookable - Screening Required

Time	Session
10.30-11.00	Hydro Falls
12.15-13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General

Friday – Main Pool

Time	Session
07.15-09.15	Lane Swim
09.45-10.30	Pool Inflatable 8-16yrs (bookable)
10.35-11.15	Pool Inflatable 8-16yrs (bookable)
12.00-12.55	Lane Swim
13.30-14.30	SEN Family Friendly Swim
15.40-17.55	Junior Swimming Lessons
20.00-21.00	Lane Swim

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Friday – Small Pool	
Time	Session
12.00-12.55	Family Fun Swim
13.30-14.30	SEN Family Friendly Swim
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Friday – Hydro - Pre-bookable - Screening Required	
Time	Session
09.20-11.00	Junior Swimming Lessons
11.00-11.30	Women's Health
13.00-13.30	Junior Swimming Lessons

Saturday – Main Pool	
Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Swimming Lessons
14.30-15.15	Private Party Hire (Enquire Now!)
15.30-16.30	Adult Swimming Lessons
16.45-18.00	Lane Swim

Saturday – Small Pool	
Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Lessons
14.15-15.00	Family Fun Swim

Saturday – Hydro - Pre-bookable - Screening Required	
Time	Session
08.00-13.00	Junior Swimming Lessons

Sunday – Main Pool	
Time	Session
08.15-09.15	Lane Swim
09.30-10.30	Fun Swim
10.30-11.30	Fun Swim
11.30-12.30	Fun Swim
12.45-13.45	Lane Swim
18:05-19:05	Lane Swim

Sunday – Small Pool	
Time	Session
09.30-10.30	Family Fun Swim

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10.30-11.30	Family Fun Swim
11.30-12.30	Family Fun Swim
13.00-14.00	Family Fun Swim

Sunday – Hydro - Pre-bookable - Screening Required	
Time	Session
12.30-13:30	Hydrotherapy Access
12.30-13:30	Hydrotherapy General

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

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

Pool Inflatable Fun Swim - We've introduced advanced booking for our pool inflatable sessions. To book visit [Activity Search - Book | GladstoneGo](#)

Please note swimming sessions are currently non-bookable (except Aqua Aerobics/Mobility/Inflatable Fun Swim), 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**

Swimming Timetable
Summer Holidays 20 July – 31 August 2026

Cost

Adult: £6.60 Standard, £5.90 Leeds card, £5.15 Leeds card 60 (Peak), £3.80 Leeds card 60 (Off Peak), £3.15 Leeds card Extra (Peak), £2.50 Leeds card Extra (Off Peak)

Junior: £3.15 Standard, U3s Free

Inflatable Fun Swim. £4.00 standard. Limited Spaces. Prebookable. Ages 8-16yrs only.

Peak: After 16:00 weekdays. Off Peak: opening - 16:00 weekdays & all weekend.

Weeks 2 - 5: Monday 27 July – Sunday 23 August

Monday – Main Pool	
Time	Session
07.15-09.15	Lane Swim
09.30-10.15	Aqua Mobility
10.20-11.15	Public Swim (with 2 Lanes)
11.30-12.55	Lane Swim
13.30-14.30	Public Swim (with 2 lanes)
15.40-18.00	Junior Swimming Lessons
19.00-19.30	Adult Swimming Lessons
19.35-20.15	Lane Swim

Monday – Small Pool	
Time	Session
09.30-11.55	Junior Swimming Lessons
12.00-12.45	Family Fun Swim
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Monday – Hydro - Pre-bookable - Screening Required	
Time	Session
10.00-10.30	Junior Swimming Lessons
13.00-14.05	Junior Swimming Lessons

Tuesday – Main Pool	
Time	Session

Swimming Timetable
Summer Holidays 20 July – 31 August 2026

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
14.00-14.45	Public Swim (with 2 Lanes)
15.40-17.55	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
15.40-17.55	Junior Swimming Lessons
18.00-18.55	Public Swim (with 2 Lanes)
19.00-20.00	Female Lane Swim

Tuesday – Small Pool

Time	Session
09.15-10.00	Family Fun Swim
12.00-12.45	Family Fun Swim
14.00-14.45	Family Fun Swim
15.40-18.00	Junior Swimming Lessons

Tuesday – Hydro - Pre-bookable - Screening Required

Time	Session
10.45-11.15	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

Wednesday – Main Pool

Time	Session
07.15-09.15	Lane Swim
09.45-10.30	Pool Inflatable 8-16yrs (bookable)
10.35-11.15	Pool Inflatable 8-16yrs (bookable)
12.05-12.55	Lane Swim
14.00-14.45	Public Swim (with 2 Lanes)
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
21.15-22.00	Lane Swim

Wednesday – Small Pool

Time	Session
12.00-12.45	Family Fun Swim
14.00-14.45	Family Fun Swim

Swimming Timetable
Summer Holidays 20 July – 31 August 2026

15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Wednesday – Hydro - Pre-bookable - Screening Required

Time	Session
12.15-13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General
18.30-19.15	Hydrotherapy Access
18.30-19.15	Hydrotherapy General

Thursday – Main Pool

Time	Session
07.15-09.15	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)-music
10.45-11.45	Public Swim (with 2 Lanes)- music
12.05-12.55	Lane Swim
15.40-17.55	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 – Small Pool

Time	Session
09.30-10.30	Family Fun Swim
10.45-11.45	Family Fun Swim
12.05-12.55	Family Fun Swim
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Thursday – Hydro - Pre-bookable - Screening Required

Time	Session
10.30-11.00	Hydro Falls
12.15-13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General

Friday – Main Pool

Time	Session
07.15-09.15	Lane Swim
09.45-10.30	Pool Inflatable 8-16yrs (bookable)

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10.35-11.15	Pool Inflatable 8-16yrs (bookable)
12.00-12.55	Lane Swim
14.00-14.45	Public Swim (with 2 Lanes)
15.40-17.55	Junior Swimming Lessons
20.00-21.00	Lane Swim

Friday – Small Pool

Time	Session
11.35-12.50	Junior Swimming Lessons
14.00-14.45	Family Fun Swim
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Friday – Hydro - Pre-bookable - Screening Required

Time	Session
09.20-11.00	Junior Swimming Lessons
11.00-11.30	Women's Health
13.00-13.30	Junior Swimming Lessons
13.00-15.00	School Swimming Lessons

Saturday – Main Pool

Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Swimming Lessons
14.30-15.15	Private Party Hire (Enquire Now!)
15.30-16.30	Adult Swimming Lessons
16.45-18.00	Lane Swim

Saturday – Small Pool

Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Lessons
14.15-15.00	Family Fun Swim

Saturday – Hydro - Pre-bookable - Screening Required

Time	Session
08.00-13.00	Junior Swimming Lessons

Sunday – Main Pool

Time	Session
08.15-09.15	Lane Swim

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09.30-10.30	Fun Swim
10.30-11.30	Fun Swim
11.30-12.30	Fun Swim
12.45-13.45	Lane Swim
18:05-19:05	Lane Swim

Sunday – 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

Sunday – Hydro - Pre-bookable - Screening Required	
Time	Session
12.30-13:30	Hydrotherapy Access
12.30-13:30	Hydrotherapy General

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Cost

Swimming Timetable
Summer Holidays 20 July – 31 August 2026

Adult: £6.60 Standard, £5.90 Leeds card, £5.15 Leeds card 60 (Peak), £3.80 Leeds card 60 (Off Peak), £3.15 Leeds card Extra (Peak), £2.50 Leeds card Extra (Off Peak)

Junior: £3.15 Standard, U3s Free

Inflatable Fun Swim. £4.00 standard. Limited Spaces. Prebookable. Ages 8-16yrs only.

Peak: After 16:00 weekdays. Off Peak: opening - 16:00 weekdays & all weekend.

Week 6: Monday 24 August – Sunday 30 August

Monday – Main Pool	
Time	Session
07.15-09.15	Lane Swim
09.30-10.15	Aqua Mobility
10.20-11.15	Public Swim (with 2 Lanes)
11.30-12.55	Lane Swim
13.30-14.30	Public Swim (with 2 Lanes)
15.40-18.00	Junior Swimming Lessons
19.00-19.30	Adult Swimming Lessons
19.35-20.15	Lane Swim

Monday – Small Pool	
Time	Session
09.30-11.55	Junior Swimming Lessons
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

Monday – Hydro - Pre-bookable - Screening Required	
Time	Session
10.00-10.30	Junior Swimming Lessons
13.00-14.05	Junior Swimming Lessons

Tuesday – Main Pool	
Time	Session
07.15-09.15	Lane Swim
10.00-10.45	Aqua Zumba
11.00-11.45	Disability Swim / Lane Swim

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11.50-12.55	Lane Swim
13.30-14.30	Public Swim (with 2 Lanes) with music
15.40-17.55	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
15.40-17.55	Junior Swimming Lessons
18.00-18.55	Public Swim (with 2 Lanes)
19.00-20.00	Female Lane Swim

Tuesday – Small Pool

Time	Session
09.15-10.00	Family Fun Swim
12.00-12.45	Family Fun Swim
13.30-14.30	Family Fun Swim
15.40-18.00	Junior Swimming Lessons

Tuesday – Hydro - Pre-bookable - Screening Required

Time	Session
10.45-11.15	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

Wednesday – Main Pool

Time	Session
07.15-09.15	Lane Swim
09.45-10.30	Pool Inflatable 8-16yrs (bookable)
10.35-11.15	Pool Inflatable 8-16yrs (bookable)
12.05-12.55	Lane Swim
13.30-14.30	Public Swim (with 2 Lanes) with music
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
21.15-22.00	Lane Swim

Wednesday – 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

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18.15-19.00	Family Fun Swim
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Wednesday – Hydro - Pre-bookable - Screening Required

Time	Session
12.15-13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General
18.30-19.15	Hydrotherapy Access
18.30-19.15	Hydrotherapy General

Thursday – Main Pool

Time	Session
07.15-09.15	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes) with music
10.45-11.45	Public Swim (with 2 Lanes) with music
12.05-12.55	Lane Swim
15.40-17.55	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 – Small Pool

Time	Session
09.30-10.30	Family Fun Swim-with music
10.45-11.45	Family Fun Swim-with music
12.05-12.55	Family Fun Swim
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Thursday – Hydro - Pre-bookable - Screening Required

Time	Session
10.30-11.00	Hydro Falls
12.15-13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General

Friday – Main Pool

Time	Session
07.15-09.15	Lane Swim
09.45-10.30	Pool Inflatable 8-16yrs (bookable)
10.35-11.15	Pool Inflatable 8-16yrs (bookable)

Swimming Timetable
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12.00-12.55	Lane Swim
13.30-14.30	Public Swim (with 2 Lanes) with music
15.40-17.55	Junior Swimming Lessons
20.00-21.00	Lane Swim

Friday – Small Pool	
Time	Session
12.00-12.55	Family Fun Swim
13.30-14.30	Family Fun Swim
11.35-12.50	Junior Swimming Lessons
13.30-14.30	Family Fun Swim
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Friday – Hydro - Pre-bookable - Screening Required	
Time	Session
09.20-11.00	Junior Swimming Lessons
11.00-11.30	Women's Health
13.00-13.30	Junior Swimming Lessons
13.00-15.00	School Swimming Lessons

Saturday – Main Pool	
Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Swimming Lessons
14.30-15.15	Private Party Hire (Enquire Now!)
15.30-16.30	Adult Swimming Lessons
16.45-18.00	Lane Swim

Saturday – Small Pool	
Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Lessons
14.15-15.00	Family Fun Swim

Saturday – Hydro	
Time	Session
08.00-13.00	Junior Swimming Lessons

Sunday – Main Pool	
Time	Session
08.15-09.15	Lane Swim
09.30-10.30	Fun Swim
10.30-11.30	Fun Swim

Swimming Timetable
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11.30-12.30	Fun Swim
12.45-13.45	Lane Swim
18:05-19:05	Lane Swim

Sunday – 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

Sunday – Hydro - Pre-bookable - Screening Required	
Time	Session
12.30-13:30	Hydrotherapy Access
12.30-13:30	Hydrotherapy General

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Junior. £3.15 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

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

Monday 31 August – 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 31 August – 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