

Swimming Timetable Sunmer Holidays 20 July – 31 August 2026

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. £6.60 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

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

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

Week 1: Monday 20 July – Sunday 26 July

Monday 20 July – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:00 – 09:30	British Triathlon (Private Booking)
08:15 – 09:15	Lane Swim (with 2 Lanes – Restricted Numbers)
09:30 – 10:30	Float Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Lane Swim
13:15 – 14:00	Fun Swim
14:15 – 15:00	Lane Swim
15:45 – 19:05	Junior Swimming Lessons
19:15 – 20:15	Disability Swim
20:30 – 21:45	Lane Swim

Monday 20 July – Small Pool	
Time	Session
09:30 – 10:30	Family Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Family Fun Swim
13:20 – 15:00	Parent & Child Swimming Lessons
15:45 – 18:15	Junior Swimming Lessons
18:20 – 19:15	Family Fun Swim

Monday 20 July – Hydrotherapy Pool	
Time	Session
10:30 – 11:00	Pre-bookable via reception – screening required
12:05 – 12:35	Pre-bookable via reception – screening required
18:00 – 18:30	Pre-bookable via reception – screening required

Swimming Timetable
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Tuesday 21 July – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:00 – 09:30	British Triathlon (Private Booking)
08:15 – 09:15	Lane Swim (with 2 lanes – Restricted Numbers)
09:30 – 10:30	Adult Swimming Lessons
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Lane Swim
13:15 – 14:00	Fun Swim
14:15 – 15:00	Aqua Mobility
15:45 – 18:00	Junior Swimming Lessons
18:10 – 19:10	Public Swim (with 1 Lane)
19:15 – 20:15	Female Lane Swim*
20:30 – 21:30	Lane Swim

*male & female lifeguards on duty

Tuesday 21 July – Small Pool	
Time	Session
09:30 – 10:30	Family Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Family Fun Swim
13:15 – 14:45	Parent & Child Swimming Lessons
15:45 – 18:15	Junior Swimming Lessons
18:20 – 19:15	Family Fun Swim

Tuesday 21 July – Hydrotherapy Pool	
Time	Session
10:30 – 11:00	Pre-bookable via reception – screening required
12:05 – 12:35	Pre-bookable via reception – screening required
13:30 – 14:00	Pre-bookable via reception – screening required
18:00 – 18:30	Pre-bookable via reception – screening required

Wednesday 22 July – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:00 – 09:30	British Triathlon (Private Booking)
08:15 – 09:15	Lane Swim (with 2 Lanes – Restricted Numbers)
09:30 – 10:30	Float Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Lane Swim
13:15 – 14:00	Fun Swim
14:00 – 15:00	Sports Camp & Swim (PreBookable)
15:45 – 19:00	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
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Wednesday 22 July – Small Pool	
Time	Session
09:30 – 10:30	Family Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Family Fun Swim
13:15 – 14:00	Family Fun Swim
15:00 – 18:15	Junior Swimming Lessons
18:20 – 19:15	Family Fun Swim

Wednesday 22 July – Hydrotherapy Pool	
Time	Session
12:05 – 12:35	Pre-bookable via reception – screening required
18:00 – 18:30	Pre-bookable via reception – screening required

Thursday 23 July – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:00 – 09:30	British Triathlon (Private Booking)
08:15 – 09:15	Lane Swim (with 2 Lanes – Restricted Numbers)
09:30 – 10:15	Aqua Aerobics
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Lane Swim
13:15 – 14:00	Fun Swim
14:15 – 15:00	Disability Swim
15:45 – 18:00	Junior Swimming Lessons
18:10 – 19:10	Public Swim (with 1 Lane)
19:15 – 20:00	Aqua Aerobics
20:10 – 21:10	Female Only Public Swim (with 1 Lane)
21:15 – 22:00	Lane Swim

Thursday 23 July – Small Pool	
Time	Session
09:30 – 10:30	Family Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Family Fun Swim
13:05 – 18:15	Junior Swimming Lessons
18:20 – 19:15	Family Fun Swim

Swimming Timetable
Summer Holidays 20 July – 31 August 2026

Thursday 23 July – Hydrotherapy Pool	
Time	Session
12:05 – 12:35	Pre-bookable via reception – screening required
13:30 – 14:00	Pre-bookable via reception – screening required
18:00 – 18:30	Pre-bookable via reception – screening required

Friday 24 July – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:00 – 09:30	British Triathlon (Private Booking)
08:15 – 09:15	Lane Swim (with 2 Lanes – Restricted Numbers)
09:30 – 10:30	Float Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Lane Swim
13:15 – 14:00	Public Swim (with 1 Lane)
14:15 – 15:15	Fun Swim
15:45 – 18:00	Junior Swimming Lessons
18:10 – 19:10	Public Swim (with 1 Lane)
19:15 – 20:00	Lane Swim
20:15 – 21:15	Leeds & Bradford Triathlon Club (Private Booking)

Friday 24 July – Small Pool	
Time	Session
09:30 – 10:30	Family Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Family Fun Swim
13:15 – 14:00	Family Fun Swim
14:15 – 15:15	Family Fun Swim
15:45 – 18:15	Junior Swimming Lessons
18:20 – 19:15	Family Fun Swim

Friday 24 July – Hydrotherapy Pool	
Time	Session
11:00 – 11:30	Pre-bookable via reception – screening required
12:05 – 12:35	Pre-bookable via reception – screening required

Saturday 25 July – Main Pool	
Time	Session
08:00 – 12:00	Junior Swimming Lessons
11:25 – 11:55	Disability Swimming Lessons (Juniors)
12:15 – 13:15	Lane Swim
13:30 – 14:30	Public Swim (with 1 lane)
14:45 – 15:45	Float Fun Swim
16:00 – 16:45	Public Swim (with 1 lane)
17:00 – 18:00	Lane Swim

Swimming Timetable
Sunmer Holidays 20 July – 31 August 2026

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

Saturday 25 July - Hydrotherapy Pool	
Time	Session
13:15 – 13:45	Pre-bookable via reception – screening required

Sunday 26 July – Main Pool	
Time	Session
08:00 – 08:55	Lane Swim
09:00 – 10:00	Public Swim (with 1 lane)
10:15 – 11:15	Float Fun Swim
11:30 – 12:30	Lane Swim
12:45 – 13:45	Float Fun Swim
14:00 – 15:00	Float Fun Swim
15:15 – 16:00	Public Swim (1 lane)
16:15 – 17:00	Private Party Hire / Staff Training
17:15 – 18:15	Junior Swimming Lessons
17:30 – 18:30	Lane Swim (with 2 Lanes – Restricted Numbers)
18:30 – 19:30	Lane Swim

Sunday 26 July – 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	Family Fun Swim
16:15 – 17:00	Private Party Hire / Staff Training

Sunday 26 July – Hydrotherapy Pool	
Time	Session
09:45 – 10:15	Pre-bookable via reception – screening required
11:30 – 12:00	Pre-bookable via reception – screening required

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

Swimming Timetable Sunner Holidays 20 July – 31 August 2026

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.

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

Monday – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:00 – 09:30	British Triathlon (Private Booking)
08:15 – 09:15	Lane Swim (with 2 Lanes – Restricted Numbers)
09:30 – 10:30	Float Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Lane Swim
13:15 – 14:00	Fun Swim
14:15 – 15:00	Lane Swim*
15:45 – 19:05	Junior Swimming Lessons
19:15 – 20:15	Disability Swim
20:30 – 21:45	Lane Swim

**Please note the 14.15-15.00 Lane Swim will be cancelled on Monday 17/08/26*

Monday – Small Pool	
Time	Session
09:30 – 10:30	Family Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Family Fun Swim
13:20 – 15:00	Parent & Child Swimming Lessons
15:45 – 18:15	Junior Swimming Lessons
18:20 – 19:15	Family Fun Swim

Monday – Hydrotherapy Pool	
Time	Session
10:30 – 11:00	Pre-bookable via reception – screening required
12:05 – 12:35	Pre-bookable via reception – screening required
18:00 – 18:30	Pre-bookable via reception – screening required

Swimming Timetable
Sunner Holidays 20 July – 31 August 2026

Tuesday – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:00 – 09:30	British Triathlon (Private Booking)
08:15 – 09:15	Lane Swim (with 2 lanes – Restricted Numbers)
09:30 – 10:30	Adult Swimming Lessons
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Lane Swim
13:15 – 14:00	Fun Swim
14:15 – 15:00	Aqua Mobility
15:45 – 18:00	Junior Swimming Lessons
18:10 – 19:10	Public Swim (with 1 Lane)
19:15 – 20:15	Female Lane Swim*
20:30 – 21:30	Lane Swim

*male & female lifeguards on duty

Tuesday – Small Pool	
Time	Session
09:30 – 10:30	Family Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Family Fun Swim
13:15 – 14:45	Parent & Child Swimming Lessons
15:45 – 18:15	Junior Swimming Lessons
18:20 – 19:15	Family Fun Swim

Tuesday – Hydrotherapy Pool	
Time	Session
10:30 – 11:00	Pre-bookable via reception – screening required
12:05 – 12:35	Pre-bookable via reception – screening required
13:30 – 14:00	Pre-bookable via reception – screening required
18:00 – 18:30	Pre-bookable via reception – screening required

Wednesday – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:00 – 09:30	British Triathlon (Private Booking)
08:15 – 09:15	Lane Swim (with 2 Lanes – Restricted Numbers)
09:30 – 10:30	Float Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Lane Swim
13:15 – 14:00	Fun Swim
14:00 – 15:00	Sports Camp & Swim (PreBookable)
15:45 – 19:00	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 – Small Pool	
Time	Session
09:30 – 10:30	Family Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Family Fun Swim
13:15 – 14:00	Family Fun Swim
15:00 – 18:15	Junior Swimming Lessons
18:20 – 19:15	Family Fun Swim

Wednesday – Hydrotherapy Pool	
Time	Session
12:05 – 12:35	Pre-bookable via reception – screening required
18:00 – 18:30	Pre-bookable via reception – screening required

Thursday – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:00 – 09:30	British Triathlon (Private Booking)
08:15 – 09:15	Lane Swim (with 2 Lanes – Restricted Numbers)
09:30 – 10:15	Aqua Aerobics
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Lane Swim
13:15 – 14:00	Fun Swim
14:15 – 15:00	Disability Swim
15:45 – 18:00	Junior Swimming Lessons
18:10 – 19:10	Public Swim (with 1 Lane)
19:15 – 20:00	Aqua Aerobics
20:10 – 21:10	Female Only Public Swim (with 1 Lane)
21:15 – 22:00	Lane Swim

Thursday – Small Pool	
Time	Session
09:30 – 10:30	Family Fun Swim
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12:05 – 13:05	Family Fun Swim
13:05 – 18:15	Junior Swimming Lessons
18:20 – 19:15	Family Fun Swim

Swimming Timetable
Summer Holidays 20 July – 31 August 2026

Thursday – Hydrotherapy Pool	
Time	Session
12:05 – 12:35	Pre-bookable via reception – screening required
13:30 – 14:00	Pre-bookable via reception – screening required
18:00 – 18:30	Pre-bookable via reception – screening required

Friday – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:00 – 09:30	British Triathlon (Private Booking)
08:15 – 09:15	Lane Swim (with 2 Lanes – Restricted Numbers)
09:30 – 10:30	Float Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Lane Swim
13:15 – 14:00	Public Swim (with 1 Lane)
14:15 – 15:15	Fun Swim
15:45 – 18:00	Junior Swimming Lessons
18:10 – 19:10	Public Swim (with 1 Lane)
19:15 – 20:00	Lane Swim
20:15 – 21:15	Leeds & Bradford Triathlon Club (Private Booking)

Friday – Small Pool	
Time	Session
09:30 – 10:30	Family Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Family Fun Swim
13:15 – 14:00	Family Fun Swim
14:15 – 15:15	Family Fun Swim
15:45 – 18:15	Junior Swimming Lessons
18:20 – 19:15	Family Fun Swim

Friday – Hydrotherapy Pool	
Time	Session
11:00 – 11:30	Pre-bookable via reception – screening required
12:05 – 12:35	Pre-bookable via reception – screening required

Saturday – Main Pool	
Time	Session
08:00 – 12:00	Junior Swimming Lessons
11:25 – 11:55	Disability Swimming Lessons (Juniors)
12:15 – 13:15	Lane Swim
13:30 – 14:30	Public Swim (with 1 lane)
14:45 – 15:45	Float Fun Swim
16:00 – 16:45	Public Swim (with 1 lane)
17:00 – 18:00	Lane Swim

Swimming Timetable
Sunmer Holidays 20 July – 31 August 2026

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

Saturday – Hydrotherapy Pool	
Time	Session
13:15 – 13:45	Pre-bookable via reception – screening required

Sunday – Main Pool	
Time	Session
08:00 – 08:55	Lane Swim
09:00 – 10:00	Public Swim (with 1 lane)
10:15 – 11:15	Float Fun Swim
11:30 – 12:30	Lane Swim
12:45 – 13:45	Float Fun Swim
14:00 – 15:00	Float Fun Swim
15:15 – 16:00	Public Swim (1 lane)
16:15 – 17:00	Private Party Hire / Staff Training
17:15 – 18:15	Junior Swimming Lessons
17:30 – 18:30	Lane Swim (with 2 Lanes – Restricted Numbers)
18:30 – 19:30	Lane Swim

Sunday – 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	Family Fun Swim
16:15 – 17:00	Private Party Hire / Staff Training

Sunday – Hydrotherapy Pool	
Time	Session
09:45 – 10:15	Pre-bookable via reception – screening required
11:30 – 12:00	Pre-bookable via reception – screening required

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Swimming Timetable Sunmer Holidays 20 July – 31 August 2026

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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

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

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

Week 6: Monday 24 – Sunday 30 August

Monday 24 August – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:00 – 09:30	British Triathlon (Private Booking)
08:15 – 09:15	Lane Swim (with 2 Lanes – Restricted Numbers)
09:30 – 10:30	Float Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Lane Swim
13:15 – 14:00	Fun Swim
14:15 – 15:00	Lane Swim
15:45 – 19:05	Junior Swimming Lessons
19:15 – 20:15	Disability Swim
20:30 – 21:45	Lane Swim

Monday 24 August – Small Pool	
Time	Session
09:30 – 10:30	Family Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Family Fun Swim
13:20 – 15:00	Parent & Child Swimming Lessons
15:45 – 18:15	Junior Swimming Lessons
18:20 – 19:15	Family Fun Swim

Monday 24 August – Hydrotherapy Pool	
Time	Session
10:30 – 11:00	Pre-bookable via reception – screening required
12:05 – 12:35	Pre-bookable via reception – screening required
18:00 – 18:30	Pre-bookable via reception – screening required

Swimming Timetable
Sunner Holidays 20 July – 31 August 2026

Tuesday 25 August – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:00 – 09:30	British Triathlon (Private Booking)
08:15 – 09:15	Lane Swim (with 2 lanes – Restricted Numbers)
09:30 – 10:30	Adult Swimming Lessons
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Lane Swim
13:15 – 14:00	Fun Swim
14:15 – 15:00	Aqua Mobility
15:45 – 18:00	Junior Swimming Lessons
18:10 – 19:10	Public Swim (with 1 Lane)
19:15 – 20:15	Female Lane Swim*
20:30 – 21:30	Lane Swim

*male & female lifeguards on duty

Tuesday 25 August – Small Pool	
Time	Session
09:30 – 10:30	Family Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Family Fun Swim
13:15 – 14:45	Parent & Child Swimming Lessons
15:45 – 18:15	Junior Swimming Lessons
18:20 – 19:15	Family Fun Swim

Tuesday 25 August – Hydrotherapy Pool	
Time	Session
10:30 – 11:00	Pre-bookable via reception – screening required
12:05 – 12:35	Pre-bookable via reception – screening required
13:30 – 14:00	Pre-bookable via reception – screening required
18:00 – 18:30	Pre-bookable via reception – screening required

Swimming Timetable
Sunmer Holidays 20 July – 31 August 2026

Wednesday 26 August – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:00 – 09:30	British Triathlon (Private Booking)
08:15 – 09:15	Lane Swim (with 2 Lanes – Restricted Numbers)
09:30 – 10:30	Float Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Lane Swim
13:15 – 14:00	Fun Swim
14:00 – 15:00	Sports Camp & Swim (PreBookable)
15:45 – 19:00	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

Wednesday 26 August – Small Pool	
Time	Session
09:30 – 10:30	Family Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Family Fun Swim
13:15 – 14:00	Family Fun Swim
15:00 – 18:15	Junior Swimming Lessons
18:20 – 19:15	Family Fun Swim

Wednesday 26 August – Hydrotherapy Pool	
Time	Session
12:05 – 12:35	Pre-bookable via reception – screening required
18:00 – 18:30	Pre-bookable via reception – screening required

Thursday 27 August – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:00 – 09:30	British Triathlon (Private Booking)
08:15 – 09:15	Lane Swim (with 2 Lanes – Restricted Numbers)
09:30 – 10:15	Aqua Aerobics
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Lane Swim
13:15 – 14:00	Fun Swim
14:15 – 15:00	Disability Swim
15:45 – 18:00	Junior Swimming Lessons
18:10 – 19:10	Public Swim (with 1 Lane)
19:15 – 20:00	Aqua Aerobics
20:10 – 21:10	Female Only Public Swim (with 1 Lane)
21:15 – 22:00	Lane Swim

Swimming Timetable
Summer Holidays 20 July – 31 August 2026

Thursday 27 August – Small Pool	
Time	Session
09:30 – 10:30	Family Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Family Fun Swim
13:05 – 18:15	Junior Swimming Lessons
18:20 – 19:15	Family Fun Swim

Thursday 27 August – Hydrotherapy Pool	
Time	Session
12:05 – 12:35	Pre-bookable via reception – screening required
13:30 – 14:00	Pre-bookable via reception – screening required
18:00 – 18:30	Pre-bookable via reception – screening required

Friday 28 August – Main Pool	
Time	Session
07:00 – 08:00	Lane Swim
08:00 – 09:30	British Triathlon (Private Booking)
08:15 – 09:15	Lane Swim (with 2 Lanes – Restricted Numbers)
09:30 – 10:30	Float Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Lane Swim
13:15 – 14:00	Public Swim (with 1 Lane)
14:15 – 15:15	Fun Swim
15:45 – 18:00	Junior Swimming Lessons
18:10 – 19:10	Public Swim (with 1 Lane)
19:15 – 20:00	Lane Swim
20:15 – 21:15	Leeds & Bradford Triathlon Club (Private Booking)

Friday 28 August – Small Pool	
Time	Session
09:30 – 10:30	Family Fun Swim
10:30 – 11:45	Intensive Swimming Lessons (see holiday timetable)
12:05 – 13:05	Family Fun Swim
13:15 – 14:00	Family Fun Swim
14:15 – 15:15	Family Fun Swim
15:45 – 18:15	Junior Swimming Lessons
18:20 – 19:15	Family Fun Swim

Friday 28 August – Hydrotherapy Pool	
Time	Session
11:00 – 11:30	Pre-bookable via reception – screening required
12:05 – 12:35	Pre-bookable via reception – screening required

Swimming Timetable
Sunmer Holidays 20 July – 31 August 2026

Saturday 29 August – Main Pool	
Time	Session
08:00 – 12:00	Junior Swimming Lessons
11:25 – 11:55	Disability Swimming Lessons (Juniors)
12:15 – 13:15	Lane Swim
13:30 – 14:30	Public Swim (with 1 lane)
14:45 – 15:45	Float Fun Swim
16:00 – 16:45	Public Swim (with 1 lane)
17:00 – 18:00	Lane Swim

Saturday 29 August – Small Pool	
Time	Session
08:00 – 12:00	Junior Swimming Lessons
11:25 – 11:55	Disability Swimming Lessons (Juniors)
12:15 – 13:15	Family Fun Swim
13:30 – 14:30	Family Fun Swim
14:45 – 15:45	Family Fun Swim
16:00 – 16:45	Family Fun Swim

Saturday 29 August - Hydrotherapy Pool	
Time	Session
13:15 – 13:45	Pre-bookable via reception – screening required

Sunday 30 August – Main Pool	
Time	Session
08:00 – 08:55	Lane Swim
09:00 – 10:00	Public Swim (with 1 lane)
10:15 – 11:15	Float Fun Swim
11:30 – 12:30	Lane Swim
12:45 – 13:45	Float Fun Swim
14:00 – 15:00	Float Fun Swim
15:15 – 16:00	Public Swim (1 lane)
16:15 – 17:00	Private Party Hire / Staff Training
17:15 – 18:15	Junior Swimming Lessons
17:30 – 18:30	Lane Swim (with 2 Lanes – Restricted Numbers)
18:30 – 19:30	Lane Swim

Swimming Timetable
Sunner Holidays 20 July – 31 August 2026

Sunday 30 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	Family Fun Swim
16:15 – 17:00	Private Party Hire / Staff Training

Sunday 30 August– Hydrotherapy Pool	
Time	Session
09:45 – 10:15	Pre-bookable via reception – screening required
11:30 – 12:00	Pre-bookable via reception – screening required

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

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

Summer Holidays

Swimming Timetable
Sunner Holidays 20 July – 31 August 2026

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. £6.60 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

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

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

Monday 31 August – Main Pool (Bank Holiday)	
Time	Session
07:00 – 08:00	Lane Swim
08:00 – 09:30	British Triathlon (Private Booking)
08:15 – 09:15	Lane Swim (with 2 Lanes – Restricted Numbers)
09:30 – 10:30	Float Fun Swim
10:45 – 11:45	Public Swim (with 1 Lane)

Monday 31 August – Small Pool (Bank Holiday)	
Time	Session
09:30 – 10:30	Family Fun Swim
10:45 – 11:45	Family Fun Swim

Monday 31 August – Hydrotherapy Pool (Bank Holiday)	
Time	Session
10:30 – 11:00	Pre-bookable via reception – screening required

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