

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.

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
06:45 - 07:45	Lane Swim
08:00 - 09:00	Lane Swim
09:05 - 09:50	Aqua Aerobics
10:00 - 10:45	Public Swim
12:00 - 12:50	Lane Swim
12:55 - 13:40	Adult Width Swim
13:45 - 14:30	Aqua Mobility
15:45 - 18:00	Junior Swimming Lessons
18:10 - 19:10	Junior Swimming Lesson – Stage 8 Competitive
19:15 - 20:15	Female Only Lane Swim
20:30 - 21:30	Lane Swim

Monday 20 July – Small Pool	
Time	Session
09:00 - 09:45	Fun Swim
10:30 - 12:00	Adult & Child Swimming Lessons
12:00 - 12:45	Fun Swim
13:00 - 14:30	Adult & Child Swimming Lessons
15:45 - 18:00	Junior Swimming Lessons

Tuesday 21 July – Main Pool	
Time	Session
06:45 - 07:45	Lane Swim
08:00 - 09:00	Lane Swim
09:05 - 09:50	Aqua Aerobics
11:55 - 12:45	Lane Swim
13:10 - 14:00	*Inflatable Fun Swim (8-16yrs only) BOOKABLE
14:20 - 15:10	*Inflatable Fun Swim (8-16yrs only) BOOKABLE
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:15	Public Swim (with 1 Lane)
19:30 - 20:30	Lane Swim
20:30 - 21:30	SwimFit

Tuesday 21 July – Small Pool	
Time	Session
09:00 - 10:00	Fun Swim
10:10 - 11:10	Fun Swim
11:45 - 12:45	Fun Swim
13:10 - 14:00	Fun Swim
15:45 - 19:00	Junior Swimming Lessons

Wednesday 22 July – Main Pool	
Time	Session
06:45 - 07:45	Lane Swim
08:00 - 09:45	Lane Swim
10:00 - 11:00	Disability Swim
11:10 - 11:40	Intensive Swimming Lessons (see holiday timetable)
11:45 - 12:45	Lane Swim
13:15 - 14:05	*Inflatable Fun Swim (8-16yrs only) BOOKABLE
14:25 - 15:15	*Inflatable Fun Swim (8-16yrs only) BOOKABLE
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:00	Public Swim (with 1 Lane)
19:00 - 20:25	Kippax SC
20:30 - 21:30	Lane Swim

Wednesday 22 July – Small Pool	
Time	Session
09:00 - 10:00	Fun Swim
11:45 - 12:45	Fun Swim
13:15 - 14:05	Fun Swim
15:45 - 19:00	Junior Swimming Lessons

Thursday 23 July – Main Pool

Time	Session
06:45 - 07:45	Lane Swim
08:00 - 09:00	Lane Swim
09:05 - 09:50	Aqua Zumba
10:10 - 11:10	Intensive Swimming Lessons (see holiday timetable)
11:45 - 12:45	Lane Swim
13:15 - 14:05	*Inflatable Fun Swim (8-16yrs only) BOOKABLE
14:25 - 15:15	*Inflatable Fun Swim (8-16yrs only) BOOKABLE
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:15	Public Swim (with 1 Lane)
19:30 - 20:15	Aqua Aerobics
20:30 - 21:30	Lane swim

Thursday 23 July – Small Pool

Time	Session
09:05 - 09:50	Fun Swim
10:10 - 11:10	Fun Swim
11:45 - 12:45	Fun Swim
13:15 - 14:05	Fun Swim
15:45 - 18:00	Junior Swimming Lessons

Friday 24 July – Main Pool

Time	Session
06:45 - 07:45	Lane Swim
08:00 - 09:45	Lane Swim
10:15 - 11:20	Adult Swimming Lessons
11:45 - 12:45	Lane Swim
13:15 - 14:05	*Inflatable Fun Swim (8-16yrs only) BOOKABLE
14:30 - 15:30	Staff Training
15:45 - 18:00	Junior Swimming Lessons
18:00 - 19:10	Junior Swimming Lesson – Stage 8 Competitive
19:30 - 21:00	Lane Swim

Friday 24 July – Small Pool

Time	Session
09:00 - 09:45	Fun Swim
10:10 - 11:10	Fun Swim
11:45 - 12:45	Fun Swim
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:00	Fun Swim

Saturday 25 July May – Main Pool

Time	Time
06:45 - 07:45	Lane Swim
08:00 - 12:45	Junior Swimming Lessons
13:00 - 14:00	Public Swim (with 1 Lane)
14:30 - 15:15	Private Party Hire (Enquire Now!)
15:45 - 16:30	Lane Swim

Saturday 25 July – Small Pool

Time	Session
08:00 - 12:45	Junior Swimming Lessons
13:00 - 14:00	Fun Swim
14:30 - 15:15	Private Party Hire (Enquire Now!)
15:45 - 16:30	Fun Swim

Sunday 26 July – Main Pool

Time	Session
08:45 - 09:45	Lane Swim
10:00 - 11:00	Public Swim (with 1 Lane)
11:05 - 12:10	Junior Swimming Lessons
12:15 - 13:15	Public Swim (with 1 Lane)
13:45 - 14:30	Private Party Hire (Enquire Now!)
14:50 - 15:35	Private Party Hire (Enquire Now!)
15:55 - 16:55	Lane Swim

Sunday 26 July – Small Pool

Time	Session
08:45 - 09:45	Fun Swim
10:00 - 11:00	Fun Swim
11:05 - 12:10	Junior Swimming Lessons
12:15 - 13:15	Fun Swim
13:45 - 14:30	Private Party Hire (Enquire Now!)
14:50 - 15:35	Private Party Hire (Enquire Now!)
16:00 - 16:45	SENSory Family Fun Swim

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](#)

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Junior. £3.15 Standard, U3s Free

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Weeks 2 - 4: Monday 27 July – Sunday 23 August

Monday – Main Pool	
Time	Session
06:45 - 07:45	Lane Swim
08:00 - 09:00	Lane Swim
09:05 - 09:50	Aqua Aerobics
10:15 - 11:30	Public Swim 1 Lane
11:45 - 12:45	Lane Swim
12:55 - 13:40	Adult Width Swim
13:45 - 14:30	Aqua Mobility
15:45 - 18:00	Junior Swimming Lessons
18:10 - 19:10	Junior Swimming Lesson – Stage 8 Competitive
19:15 - 20:15	Female Only Lane Swim
20:30 - 21:30	Lane Swim

Monday – Small Pool	
Time	Session
09:00 - 09:45	Fun Swim
10:30 - 12:00	Adult & Child Swimming Lessons
11:45 - 12:45	Fun Swim
13:00 - 14:30	Adult & Child Swimming Lessons
15:45 - 18:00	Junior Swimming Lessons

Tuesday – Main Pool	
Time	Session
06:45 - 07:45	Lane Swim
08:00 - 09:00	Lane Swim
09:05 - 09:50	Aqua Aerobics
11:55 - 12:55	Lane Swim
13:15 - 14:05	*Inflatable Fun Swim (8-16yr olds only) BOOKABLE
14:25 - 15:15	*Inflatable Fun Swim (8-16yr olds only) BOOKABLE
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:15	Public Swim (with 1 Lane)
19:30 - 20:30	Lane Swim
20:30 - 21:30	SwimFit

Tuesday – Small Pool	
Time	Session
09:00 - 10:00	Fun Swim
10:10 - 11:10	Fun Swim
11:55 - 12:55	Fun Swim
13:15 - 14:05	Fun Swim
15:45 - 19:00	Junior Swimming Lessons

Wednesday – Main Pool	
Time	Session
06:45 - 07:45	Lane Swim
08:00 - 09:45	Lane Swim
10:00 - 11:00	Disability Swim
11:55 - 12:55	Lane Swim
13:15 - 14:05	*Inflatable Fun Swim (8-16yr olds only) BOOKABLE
14:25 - 15:15	*Inflatable Fun Swim (8-16yr olds only) BOOKABLE
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:00	Public Swim (with 1 Lane)
19:00 - 20:25	Kippax SC
20:30 - 21:30	Lane Swim

Wednesday – Small Pool	
Time	Session
09:00 - 10:00	Fun Swim
10:00 - 11:30	Adult & Child Swimming Lessons
11:55 - 12:55	Fun Swim
13:15 - 14:05	Fun Swim
15:45 - 19:00	Junior Swimming Lessons

Thursday – Main Pool

Time	Session
06:45 - 07:45	Lane Swim
08:00 - 09:00	Lane Swim
09:05 - 09:50	Aqua Zumba
10:05 - 10:50	Public Swim (with 1 lane)
11:55 - 12:55	Lane Swim
13:15 - 14:05	*Inflatable Fun Swim (8-16yr olds only) BOOKABLE
14:25 - 15:15	*Inflatable Fun Swim (8-16yr olds only) BOOKABLE
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:15	Public Swim (with 1 Lane)
19:30 - 20:15	Aqua Aerobics
20:30 - 21:30	Lane swim

Thursday – Small Pool

Time	Session
09:00 - 09:45	Fun Swim
10:30 - 11:00	Intensive Swimming Lessons (see holiday timetable)
11:55 - 12:55	Fun Swim
13:15 - 14:05	Fun Swim
15:45 - 18:00	Junior Swimming Lessons

Friday – Main Pool

Time	Session
06:45 - 07:45	Lane Swim
08:00 - 09:45	Lane Swim
10:15 - 11:20	Adult Swimming Lessons
11:45 - 12:45	Lane Swim
13:15 - 14:05	*Inflatable Fun Swim (8-16yr olds only) BOOKABLE
14:30 - 15:30	Staff Training
15:45 - 18:00	Junior Swimming Lessons
18:00 - 19:10	Junior Swimming Lesson – Stage 8 Competitive
19:30 - 21:00	Lane Swim

Friday – Small Pool

Time	Session
09:00 - 09:45	Fun Swim
10:30 - 11:00	Intensive Swimming Lessons (see holiday timetable)
11:45 - 12:45	Fun Swim
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:00	Fun Swim

Saturday – Main Pool	
Time	Time
06:45 - 07:45	Lane Swim
08:00 - 12:45	Junior Swimming Lessons
13:00 - 14:00	Public Swim (with 1 Lane)
14:30 - 15:15	Private Party Hire (Enquire Now!)
15:45 - 16:30	Lane Swim

Saturday – Small Pool	
Time	Session
08:00 - 12:45	Junior Swimming Lessons
13:00 - 14:00	Fun Swim
14:30 - 15:15	Private Party Hire (Enquire Now!)
15:45 - 16:30	Fun Swim

Sunday – Main Pool	
Time	Session
08:45 - 09:45	Lane Swim
10:00 - 11:00	Public Swim (with 1 Lane)
11:05 - 12:10	Junior Swimming Lessons
12:15 - 13:15	Public Swim (with 1 Lane)
13:45 - 14:30	Private Party Hire (Enquire Now!)
14:50 - 15:35	Private Party Hire (Enquire Now!)
15:55 - 16:55	Lane Swim

Sunday – Small Pool	
Time	Session
08:45 - 09:45	Fun Swim
10:00 - 11:00	Fun Swim
11:05 - 12:10	Junior Swimming Lessons
12:15 - 13:15	Fun Swim
13:45 - 14:30	Private Party Hire (Enquire Now!)
14:50 - 15:35	Private Party Hire (Enquire Now!)
16:00 - 16:45	SENSory Family Fun Swim

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Week 6: Monday 24 – Sunday 30 August

Monday 24 August – Main Pool	
Time	Session
06:45 - 07:45	Lane Swim
08:00 - 09:00	Lane Swim
09:05 - 09:50	Aqua Aerobics
10:15 - 11:30	Public Swim 1 Lane
11:45 - 12:45	Lane Swim
12:55 - 13:40	Adult Width Swim
13:45 - 14:30	Aqua Mobility
15:45 - 18:00	Junior Swimming Lessons
18:10 - 19:10	Junior Swimming Lesson – Stage 8 Competitive
19:15 - 20:15	Female Only Lane Swim
20:30 - 21:30	Lane Swim

Monday 24 August – Small Pool	
Time	Session
09:00 - 09:45	Fun Swim
10:30 - 12:00	Adult & Child Swimming Lessons
12:00 - 12:45	Fun Swim
13:00 - 14:30	Adult & Child Swimming Lessons
15:45 - 18:00	Junior Swimming Lessons

Tuesday 25 August – Main Pool

Time	Session
06:45 - 07:45	Lane Swim
08:00 - 09:00	Lane Swim
09:05 - 09:50	Aqua Aerobics
11:45 - 12:45	Lane Swim
13:15 - 14:05	*Inflatable Fun Swim (8-16yrs only) BOOKABLE
14:25 - 15:15	*Inflatable Fun Swim (8-16yrs only) BOOKABLE
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:15	Public Swim (with 1 Lane)
19:30 - 20:30	Lane Swim
20:30 - 21:30	SwimFit

Tuesday 25 August – Small Pool

Time	Session
09:00 - 09:45	Fun Swim
11:45 - 12:45	Fun Swim
13:15 - 14:05	Fun Swim
15:45 - 19:00	Junior Swimming Lessons

Wednesday 26 August – Main Pool

Time	Session
06:45 - 07:45	Lane Swim
08:00 - 09:45	Lane Swim
10:00 - 11:00	Disability Swim
11:10 - 11:40	Intensive Swimming Lessons (see holiday timetable)
11:45 - 12:45	Lane Swim
13:15 - 14:05	*Inflatable Fun Swim (8-16yrs only) BOOKABLE
14:25 - 15:15	*Inflatable Fun Swim (8-16yrs only) BOOKABLE
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:00	Public Swim (with 1 Lane)
19:00 - 20:25	Kippax SC
20:30 - 21:30	Lane Swim

Wednesday 26 August – Small Pool

Time	Session
09:00 - 10:00	Fun Swim
11:45 - 12:45	Fun Swim
13:15 - 14:05	Fun Swim
15:45 - 19:00	Junior Swimming Lessons

Thursday 27 August – Main Pool

Time	Session
06:45 - 07:45	Lane Swim
08:00 - 09:00	Lane Swim
09:05 - 09:50	Aqua Zumba
10:10 - 11:10	Intensive Swimming Lessons (see holiday timetable)
11:45 - 12:45	Lane Swim
13:10 - 14:00	*Inflatable Fun Swim (8-16yrs only) BOOKABLE
14:20 - 15:10	*Inflatable Fun Swim (8-16yrs only) BOOKABLE
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:15	Public Swim (with 1 Lane)
19:30 - 20:15	Aqua Aerobics
20:30 - 21:30	Lane swim

Thursday 27 August – Small Pool

Time	Session
09:00 - 09:45	Fun Swim
11:45 - 12:45	Fun Swim
13:15 - 14:05	Fun Swim
15:45 - 18:00	Junior Swimming Lessons

Friday 28 August – Main Pool

Time	Session
06:45 - 07:45	Lane Swim
08:00 - 09:45	Lane Swim
10:15 - 11:20	Adult Swimming Lessons
11:45 - 12:45	Lane Swim
13:15 - 14:05	*Inflatable Fun Swim (8-16yrs only) BOOKABLE
14:30 - 15:30	Staff Training
15:45 - 18:00	Junior Swimming Lessons
18:00 - 19:10	Junior Swimming Lesson – Stage 8 Competitive
19:30 - 21:00	Lane Swim

Friday 28 August – Small Pool

Time	Session
09:00 - 09:45	Fun Swim
11:45 - 12:45	Fun Swim
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:00	Fun Swim

Saturday 29 August – Main Pool	
Time	Time
06:45 - 07:45	Lane Swim
08:00 - 12:45	Junior Swimming Lessons
13:00 - 14:00	Public Swim (with 1 Lane)
14:30 - 15:15	Private Party Hire (Enquire Now!)
15:45 - 16:30	Lane Swim

Saturday 29 August – Small Pool	
Time	Session
08:00 - 12:45	Junior Swimming Lessons
13:00 - 14:00	Fun Swim
14:30 - 15:15	Private Party Hire (Enquire Now!)
15:45 - 16:30	Fun Swim

Sunday 30 August – Main Pool	
Time	Session
08:45 - 09:45	Lane Swim
10:00 - 11:00	Public Swim (with 1 Lane)
11:05 - 12:10	Junior Swimming Lessons
12:15 - 13:15	Public Swim (with 1 Lane)
13:45 - 14:30	Private Party Hire (Enquire Now!)
14:50 - 15:35	Private Party Hire (Enquire Now!)
15:55 - 16:55	Lane Swim

Sunday 30 August – Small Pool	
Time	Session
08:45 - 09:45	Fun Swim
10:00 - 11:00	Fun Swim
11:05 - 12:10	Junior Swimming Lessons
12:15 - 13:15	Fun Swim
13:45 - 14:30	Private Party Hire (Enquire Now!)
14:50 - 15:35	Private Party Hire (Enquire Now!)
16:00 - 16:45	SENSory Family Fun Swim

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Monday 31 August – Main Pool (Bank Holiday)	
Time	Session
07:00 - 08:55	Lane Swim
09:05 - 09:50	Aqua Aerobics
10:00 - 11:00	Public Swim (with 1 Lane)
11:30 - 12:30	Lane Swim

Monday 31 August – Small Pool	
Time	Session
09:00 – 09:45	Fun Swim
10:00 - 11:00	Fun Swim
11:30 - 12:30	Fun Swim