

Swimming Timetable
Summer Holidays 2023

Please note swimming sessions are currently **non-bookable** (except Aqua Aerobics/Mobility & Hydro Pool), please arrive 15 minutes before the session to check in at reception. Please check our [Facebook](#) page for any recent timetable changes

Cost

Adult: £5.70 Standard, £5.10 Leeds card, £2.70 Leeds card Extra

Junior: £2.70 Standard, U3s Free

Week 1: Monday 24th July – Sunday 30th July

Monday 24th July – Main Pool

Time	Session
07.15-09.25	Lane Swim
09.35-10.35	Public Swim (with 2 Lanes)
10.45-11.45	Fun Swim
12.05-12.55	Lane Swim
15.40-19.00	Junior Swimming Lessons
19.00-19.30	Adult Swimming Lessons
19.35-20.20	Lane Swim

Monday 24th July – Small Pool

Time	Session
09.30-11.00	Junior Swimming Lessons
11.10-11.55	Family Fun Swim
12.05-12.55	Family Fun Swim
15.50-18.05	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Tuesday 25th July – Hydrotherapy Pool

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

Tuesday 25th July – Main Pool

Time	Session
07.15-09.25	Lane Swim
10.00-10.45	Aqua Zumba
11.00-11.45	Disability Swim / Lane Swim
12.05-12.55	Lane Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
15.40-17.55	Junior Swimming Lessons
18.00-18.55	Public Swim (with 2 Lanes)
19.00-19.55	Lane Swim
20.00-20.55	Female Lane Swim
21.00-22.00	Lane Swim

Swimming Timetable
Summer Holidays 2023

Tuesday 25th July – Small Pool

Time	Session
09.30-12.00	Junior Swimming Lessons
12.05-12.55	Family Fun Swim
13.00-13.30	Junior Swimming Lessons
13.05-14.10	Intensive Swimming Lessons (see holiday timetable)
15.50-18.05	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Wednesday 26th July – Hydrotherapy Pool

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

Wednesday 26th July – Main Pool

Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Fun Swim
12.05-12.55	Lane Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
14.15-15.00	Fun Swim
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
21.10-22.00	Lane Swim

Wednesday 26th July – 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
13.00-14.10	Intensive Swimming Lessons (see holiday timetable)
15.50-18.05	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Thursday 27th July – Hydrotherapy Pool

Time	Session
12.15-13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General
18.00-18.45	Hydrotherapy Access
18.00-18.45	Hydrotherapy General

Swimming Timetable
Summer Holidays 2023

Thursday 27th July – Main Pool	
Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Fun Swim
12.05-12.55	Lane Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
14.15-15.00	Fun 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 27th July – 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
13.00-14.10	Intensive Swimming Lessons (see holiday timetable)
15.50-18.05	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Friday 28th July – Main Pool	
Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (2 Lanes)
10.45-11.45	Fun Swim
12.05-12.55	Lane Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
14.15-15.00	Fun Swim
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
20.55-21.45	Lane Swim

Friday 28th July – 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
13.05-14.10	Intensive Swimming Lessons (see holiday timetable)
15.50-18.05	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Swimming Timetable
Summer Holidays 2023

Saturday 29th July – Main Pool

Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Swimming Lessons
14.10-15.10	Fun Swim
15.20-16.50	Public Swim (with 2 Lanes)
17.00-18.00	Lane Swim

Saturday 29th July – Small Pool

Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Swimming Lessons
14.10-15.10	Family Fun Swim
15.20-16.50	Family Fun Swim

Sunday 30th July – Hydrotherapy Pool

Time	Session
12.00-12.45	Hydrotherapy Access
12.00-12.45	Hydrotherapy General

Sunday 30th July – Main Pool

Time	Session
08.15-09.25	Lane Swim
09.30-10.30	Fun Swim
10.35-11.45	Fun Swim
11.55-12.55	Lane Swim
13.00-13.55	Fun Swim
14.00-14.55	Fun Swim
19.05-20.05	Lane Swim

Sunday 30th July – Small Pool

Time	Session
09.30-10.30	Family Fun Swim
10.35-11.45	Family Fun Swim
11.55-12.55	Family Fun Swim
13.00-13.55	Family Fun Swim
14.00-14.55	Family Fun Swim
15.05-16.05	Private Party Hire (Enquire Now!)
16.10-17.10	Family Fun Swim
17.15-18.15	Family Fun Swim

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

Swimming Timetable
Summer Holidays 2023

Week 2: Monday 31st July – Sunday 6th August,

Week 3: Monday 7th August – Sunday 13th August,

Week 4: Monday 14th August – Sunday 20th August,

Week 5: Monday 21st August – Sunday 27th August

Monday – Main Pool

Time	Session
07.15-09.25	Lane Swim
09.35-10.35	Public Swim (with 2 Lanes)
10.45-11.45	Fun Swim
12.05-12.55	Lane Swim
15.40-19.00	Junior Swimming Lessons
19.00-19.30	Adult Swimming Lessons
19.35-20.20	Lane Swim

Monday – Small Pool

Time	Session
09.30-11.00	Junior Swimming Lessons
11.10-11.55	Family Fun Swim
12.05-12.55	Family Fun Swim
15.50-18.05	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Tuesday – Hydrotherapy Pool

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

Tuesday – Main Pool

Time	Session
07.15-09.25	Lane Swim
10.00-10.45	Aqua Zumba
11.00-11.45	Disability Swim / Lane Swim
12.05-12.55	Lane Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
15.40-17.55	Junior Swimming Lessons
18.00-18.55	Public Swim (with 2 Lanes)
19.00-19.55	Lane Swim
20.00-20.55	Female Lane Swim
21.00-22.00	Lane Swim

Swimming Timetable
Summer Holidays 2023

Tuesday – Small Pool

Time	Session
09.30-12.00	Junior Swimming Lessons
12.05-12.55	Family Fun Swim
13.00-13.30	Junior Swimming Lessons
13.05-14.10	Intensive Swimming Lessons (see holiday timetable)
15.50-18.05	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Wednesday – Hydrotherapy Pool

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

Wednesday – Main Pool

Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Fun Swim
12.05-12.55	Lane Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
14.15-15.00	Fun Swim
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
21.10-22.00	Lane Swim

Wednesday – 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
13.00-14.10	Intensive Swimming Lessons (see holiday timetable)
15.50-18.05	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Thursday – Hydrotherapy Pool

Time	Session
12.15-13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General
18.00-18.45	Hydrotherapy Access
18.00-18.45	Hydrotherapy General

Swimming Timetable
Summer Holidays 2023

Thursday – Main Pool	
Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Fun Swim
12.05-12.55	Lane Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
14.15-15.00**	Fun 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

please note this session will not go ahead on 3/8/23 due to an external hire in the pool

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
13.05-14.10	Intensive Swimming Lessons (see holiday timetable)
15.50-18.05	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Friday – Main Pool	
Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (2 Lanes)
10.45-11.45	Fun Swim
12.05-12.55	Lane Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
14.15-15.00	Fun Swim
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
20.55-21.45	Lane Swim

Friday – 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
13.05-14.10	Intensive Swimming Lessons (see holiday timetable)
15.50-18.05	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Swimming Timetable
Summer Holidays 2023

Saturday – Main Pool

Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Swimming Lessons
14.10-15.10	Fun Swim
15.20-16.50	Public Swim (with 2 Lanes)
17.00-18.00	Lane Swim

Saturday – Small Pool

Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Swimming Lessons
14.10-15.10	Family Fun Swim
15.20-16.50	Family Fun Swim

Sunday – Hydrotherapy Pool

Time	Session
12.00-12.45	Hydrotherapy Access
12.00-12.45	Hydrotherapy General

Sunday – Main Pool

Time	Session
08.15-09.25	Lane Swim
09.30-10.30	Fun Swim
10.35-11.45	Fun Swim
11.55-12.55	Lane Swim
13.00-13.55	Fun Swim
14.00-14.55	Fun Swim
19.05-20.05	Lane Swim

Sunday – Small Pool

Time	Session
09.30-10.30	Family Fun Swim
10.35-11.45	Family Fun Swim
11.55-12.55	Family Fun Swim
13.00-13.55	Family Fun Swim
14.00-14.55	Family Fun Swim
15.05-16.05	Private Party Hire (Enquire Now!)
16.10-17.10	Family Fun Swim
17.15-18.15	Family Fun Swim

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

Week 6: Monday 28th August – Sunday 3rd September

Monday 28 th August - Main Pool (Bank Holiday)	
Time	Session
07.15-09.25	Lane Swim
09.35-10.35	Public Swim (with 2 Lanes)
10.45-11.55	Fun Swim
12.05-12.55	Lane Swim
13.05-14.30	Public Swim (with 2 Lanes)

Monday 28 th August - Small Pool (Bank Holiday)	
Time	Session
09.35-10.35	Family Fun Swim
10.45-11.55	Family Fun Swim
12.05-12.55	Family Fun Swim
13.05-14.30	Family Fun Swim

Tuesday 29 th August – Hydrotherapy Pool	
Time	Session
12.15-13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General

Tuesday 29 th August – Main Pool	
Time	Session
07.15-09.25	Lane Swim
10.00-10.45	Aqua Zumba
11.00-11.45	Disability Swim / Lane Swim
12.05-12.55	Lane Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
15.40-17.55	Junior Swimming Lessons
18.00-18.55	Public Swim (with 2 Lanes)
19.00-19.55	Lane Swim
20.00-20.55	Female Lane Swim
21.00-22.00	Lane Swim

Tuesday 29 th August – Small Pool	
Time	Session
09.30-12.00	Junior Swimming Lessons
12.05-12.55	Family Fun Swim
13.00-13.30	Junior Swimming Lessons
13.00-14.10	Intensive Swimming Lessons (see holiday timetable)
15.50-18.05	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Swimming Timetable
Summer Holidays 2023

Wednesday 30th August – Hydrotherapy Pool	
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

Wednesday 30th August – Main Pool	
Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Fun Swim
12.05-12.55	Lane Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
14.15-15.00	Fun Swim
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
21.10-22.00	Lane Swim

Wednesday 30th August – 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
13.00-14.10	Intensive Swimming Lessons (see holiday timetable)
15.50-18.05	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Thursday 31st August – Hydrotherapy Pool	
Time	Session
12.15-13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General
18.00-18.45	Hydrotherapy Access
18.00-18.45	Hydrotherapy General

Swimming Timetable
Summer Holidays 2023

Thursday 31st August – Main Pool

Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Fun Swim
12.05-12.55	Lane Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
14.15-15.00	Fun 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 31st August – 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
13.00-14.10	Intensive Swimming Lessons (see holiday timetable)
15.50-18.05	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Friday 1st September – Main Pool

Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (2 Lanes)
10.45-11.45	Fun Swim
12.05-12.55	Lane Swim
13.00-14.00	Intensive Swimming Lessons (see holiday timetable)
14.15-15.00	Fun Swim
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
20.55-21.45	Lane Swim

Friday 1st September – 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
13.00-14.10	Intensive Swimming Lessons (see holiday timetable)
15.50-18.05	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Swimming Timetable
Summer Holidays 2023

Saturday 2nd September – Main Pool

Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Swimming Lessons
14.10-15.10	Fun Swim
15.20-16.50	Public Swim (with 2 Lanes)
17.00-18.00	Lane Swim

Saturday 2nd September – Small Pool

Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Swimming Lessons
14.10-15.10	Family Fun Swim
15.20-16.50	Family Fun Swim

Sunday 3rd September – Hydrotherapy Pool

Time	Session
12.00-12.45	Hydrotherapy Access
12.00-12.45	Hydrotherapy General

Sunday 3rd September – Main Pool

Time	Session
08.15-09.25	Lane Swim
09.30-10.30	Fun Swim
10.35-11.45	Fun Swim
11.55-12.55	Lane Swim
13.00-13.55	Fun Swim
14.00-14.55	Fun Swim
19.05-20.05	Lane Swim

Sunday 3rd September – Small Pool

Time	Session
09.30-10.30	Family Fun Swim
10.35-11.45	Family Fun Swim
11.55-12.55	Family Fun Swim
13.00-13.55	Family Fun Swim
14.00-14.55	Family Fun Swim
15.05-16.05	Private Party Hire (Enquire Now!)
16.10-17.10	Family Fun Swim
17.15-18.15	Family Fun Swim

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