

# East Leeds Leisure Centre

Day & Time	Activity
Mon 8.15am - 9.00am	General Lane Session (Adults)
Mon 9.15am - 10.00am	Aqua Aerobics*
Mon 10.00am - 11.00am	General Swimming
Mon 11.00am - 12.00pm	Women Only
Mon 12.00pm - 1.30pm	General Swimming (Adults)
Mon 3.40pm - 6.00pm	Swimming Lessons (Juniors)*
Mon 4.00pm - 6.00pm	Family Swim R
Mon 6.00pm - 7.00pm	General Swimming (Adults)
Mon 7.00pm - 8.00pm	Swimming Lessons (Adults)*
Tue 8.15am - 9.00am	General Lane Session (Adults)
Tue 9.00am - 12.00pm	General Swimming
Tue 11.30am - 12.00pm	Adult & Toddler
Tue 12.00pm - 1.30pm	General Swimming (Adults)
Tue 3.40pm - 6.00pm	Swimming Lessons (Junior)*
Tue 4.00pm - 6.00pm	Family Swim R
Tue 8.30pm - 9.30pm	General Swimming (Adults)
Tue 8.30pm - 9.15pm	Swimming Lessons (Adults)*
Wed 8.15am - 9.00am	General Lane Session (Adults)
Wed 9.00am - 12.00pm	General Swimming R
Wed 12.00pm - 1.30pm	General Swimming (Adults)
Wed 3.40pm - 6.00pm	Swimming Lessons (Junior)*
Wed 4.00pm - 6.00pm	Family Swim R
Wed 6.00pm - 6.45pm	Aqua Aerobics*
Wed 7.00pm - 8.00pm	Women Only
Wed 8.00pm - 9.00pm	General Lane Session (Adults)

<b>Day &amp; Time</b>	<b>Activity</b>
Thu 8.15am - 9.00am	General Lane Session (Adults)
Thu 9.00am - 12.00pm	General Swimming R
Thu 12.00pm - 1.30pm	General Swimming (Adults)
Thu 3.40pm - 6.00pm	Swimming Lessons (Juniors)*
Thu 4.00pm - 6.00pm	Family Swim R
Fri 8.15am - 9.00am	General Lane Session (Adults)
Fri 9.00am - 12.00pm	General Swimming * R
Fri 12.00pm - 1.30pm	General Swimming (Adults)
Fri 3.40pm - 6.00pm	Swimming Lessons (Juniors)*
Fri 4.00pm - 6.00pm	Family Swim R
Fri 6.00pm - 7.00pm	General Swimming
Sat 8.15am - 12.15pm	Swimming Lessons (Juniors)*
Sat 9.00am - 11.45am	Family Swim R
Sat 11.45am - 1.15pm	General Swimming
Sat 1.15pm - 2.15pm	Pool Party Hire*
Sun 8.30am - 9.30am	General Lane Session (Adults)
Sun 9.30am - 2.00pm	General Swimming
Sun 2.00pm - 3.00pm	Pool Party Hire*

Swim4Free - For those aged 16 and under and over 60 you can Swim4Free at sessions not highlighted with an asterisk (\*)

R = Restricted. Some advertised sessions may have restricted space i.e. not all of the pool available for use.