

Armley Leisure Centre

Day & Time	Activity
Mon 7.15am - 9.30am	General Lane Session (Adults)
Mon 9.30am - 11.30am	Family Swimming (Small Pool)
Mon 9.30am - 11.30am	General Swimming
Mon 12.00pm - 1.30pm	General Lane Session
Mon 12.00pm - 3.00pm	Family Swimming (Small Pool)
Mon 1.30pm - 3.00pm	General Swimming
Mon 5.30pm - 6.00pm	General Lane Session (Adults) (Two lanes) R
Mon 6.00pm - 7.00pm	Swimming Lessons (Adults)
Mon 6.00pm - 7.00pm	Family Swimming (Small Pool)
Mon 6.00pm - 8.00pm	General Lane Session (Adults)
Mon 8.00pm - 10.00pm	Water Polo Club
Tue 8.15am - 10.30am	General Lane Session (Adults)
Tue 10.30am - 11.15am	Aqua Aerobics
Tue 11.15am - 12.00pm	Women Only
Tue 12.00pm - 1.30pm	General Lane Session
Tue 12.00pm - 3.00pm	Family Swimming (Small Pool)
Tue 1.30pm - 3.00pm	General Swimming
Tue 4.30pm - 6.00pm	General Lane Session (Adults)
Tue 6.00pm - 7.00pm	General Swimming
Tue 6.00pm - 7.30pm	Family Swimming (Small Pool)
Tue 7.00pm - 8.00pm	Disabled Swim (Three Lanes Only)
Tue 7.00pm - 8.00pm	General Lane Session (Adults) (Two Lanes) R
Tue 8.00pm - 9.00pm	Woman Only
Tue 9.00pm - 10.00pm	General Lane Session (Adults) (Three Lanes) R
Tue 9.00pm - 10.00pm	Swimming Lessons (Adults) (Two Lanes)
Wed 7.15am - 9.30am	General Lane Session (Adults)
Wed 12.00pm - 1.30pm	General Lane Session
Wed 12.30pm - 3.00pm	Family Swimming (Small Pool)
Wed 1.30pm - 3.00pm	General Swimming
Wed 5.30pm - 7.00pm	General Swimming
Wed 6.00pm - 7.00pm	Family Swimming (Small Pool)
Wed 8.00pm - 9.00pm	Canoe Club

Day & Time	Activity
Thu 8.15am - 9.30am	General Lane Session (Adults)
Thu 12.00pm - 1.30pm	General Lane Session
Thu 12.00pm - 1.30pm	Family Swimming (Small Pool)
Thu 4.30pm - 5.30pm	General Lane Session (Adults)
Thu 5.30pm - 6.30pm	General Swimming
Thu 6.00pm - 7.30pm	Family Swimming (Small Pool)
Thu 9.00pm - 10.00pm	General Lane Session (Adults)
Fri 7.15am - 9.30am	General Lane Session (Adults)
Fri 12.00pm - 1.00pm	General Lane Session
Fri 12.00pm - 1.00pm	Family Swimming (Small Pool)
Fri 5.30pm - 6.30pm	General Swimming
Fri 6.00pm - 7.30pm	Family Swimming (Small Pool)
Sat 11.00am - 12.15pm	Fun Session
Sat 11.00am - 12.15pm	Family Swimming (Small Pool)
Sat 12.30pm - 3.00pm	General Swimming
Sat 12.30 - 3.00pm	Family Swimming (Small Pool)
Sat 3.15pm - 4.00pm	Party Booking (Small Pool)
Sat 4.00pm - 4.45pm	Party Booking (Small Pool)
Sun 8.30am - 9.30am	General Swimming (Adults)
Sun 9.30am - 1.00pm	General Swimming
Sun 9.30am - 1.00pm	Family Swimming (Small Pool)
Sun 1.30pm - 3.00pm	Fun Session
Sun 1.30pm - 3.00pm	Family Swimming (Small Pool)
Sun 3.30pm - 5.30pm	Family Swimming (Small Pool)
Sun 7.00pm - 8.30pm	General Lane Session (Adults)