

Yeadon

	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	
Monday								Aqua Circuits												Swim Academy						Adult Lessons		Aqua Fit				
Tuesday								LA Aqua			Pre School (HP)										Swim Academy											
Wednesday		Swimfit		Adult Lessons				LA Aqua			Aqua Circuits										Swim Academy							LA Aqua		Swimfit		
Thursday								LA Aqua													Swim Academy								Aqua Circuits			
Friday																					Swim Academy											
Saturday					Swim Academy			Adult & Child (HP)	Adult & Child (HP)				Aqua Fit																			
Sunday																																

- Key**
- Closed
 - Member Swim
 - LA Aqua (members only)

Various sessions will be open to the public for booking. See key to the right for details

- Swim Academy Classes**
Where class capacity or class type allows, a lane will be made available for member swim.
- Swim Fit**
A member swim lane will be made available during these sessions.
- Adult Lessons**
A member swim lane will be made available during these sessions.
- Parent & Child, Swim a Song, Pre School Ducklings**
These programmes will occupy half a pool which will be split across its width rather than length as shown in the diagram
- For All Programmes & Classes**
The whole pool may be utilised due to capacity and the size of the pool - where possible a lane will be made available for member swim.

LA fitness
We'll get there together.

Delivered in partnership with Community Swimming

