



Middleton  
Leisure Centre



October half term break 09  
Monday 26<sup>th</sup> October – Friday 30<sup>th</sup> October

Ring Road, Middleton, Leeds, LS10 4AX Tel: 0113 2770021  
email:lsp.middleton.sport@leeds.gov.uk [www.leeds.gov.uk](http://www.leeds.gov.uk)

[www.breezeleeds.gov.uk](http://www.breezeleeds.gov.uk)

	Activity	Day and time	Description	Price
	<p><b>General Swimming</b></p> <p>(All general swims are 1 hour sessions) at all times a ratio of 2 children under 8 to one adult. An adult is some one aged 16 years or above</p>	<p><b>Mon/ Thur/ Fri</b> 8.00 – 9.30 <b>Tues/Wed</b> 8.00 – 10.30 <b>Fri</b> 9.30 – 10.30 -10.45 – 12.00 <b>Mon/Fri</b> 13.00 – 14.00 - 17.00 – 18.00 <b>Mon/Wed/Thurs</b> 14.15 – 15.15 <b>Mon – Thur</b> 18.15 – 19.30 <b>Sat –</b> 9.00 – 10.30 <b>Sun –</b> 10.30 – 12.00 12.15-13.30</p>	<p>This session is for anybody who wants to just have a leisurely swim in a relaxed warm and friendly environment.</p>	<p>Discounts apply with Leeds cards Breeze Cards Etc</p>



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	Activity	Day and time	Description	Price
	Adults only session	<b>Mon – Fri</b> 12.00 – 13.00 <b>Tues/Wed/ Thurs</b> 19.30 – 21.30	This session is for Adults only	Discounts apply with Leeds cards Breeze Cards Etc
	Ladies only session	<b>Mon</b> 20.30 – 21.30 <b>Thurs</b> 11.00 – 12.00		
	Disability Swim	<b>Mon/Tue/wed</b> 10.30-12.00	A session for people to attend on ones own or with a carer	






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Symbol	Activity	Day and time	Description	Price
	<b>Fun Swim</b>	<b>Sat</b> 12.15-13.30 13.45-15.00 <b>Sun</b> 13.45-15.00	Why not come and join in all the fun in this session, there's Floats and Toys to play with.	Discounts apply with Leeds cards Breeze Cards Etc
	<b>Family swimming session</b>	<b>Sat</b> 10.30 – 12.00 <b>Sun</b> 9.00 – 10.30	Why not bring the whole family down to this session	
	<b>Parent &amp; Toddler session</b>	<b>Mon</b> 9.30 – 10.30 <b>Thur</b> 10.00 – 11.00	This session is ideal for parents who want to bring there little ones swimming for the first time.	



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Symbol	Activity	Day and time	Description	Price
 <p><b>sport</b></p>	<p><b>Stay the Day</b></p> <p><b>Multi sports</b></p>	<p><b>Tuesday</b> 9.00 – 15.00</p> <p><b>Friday</b> 9.00 – 15.00</p>	<p>This session is great if you want to play a multitude of sports and not only that you'll finish off with a nice dip in the pool all you need is plenty of energy and lots to drink and a packed lunch.</p> <p>Ages 8 &amp; above</p>	<p>Discounts apply with Leeds cards Breeze Cards Etc</p>
 <p><b>swimming lessons</b></p>	<p><b>Beginners Swimming Lesson</b></p> <p><b>Stroke Technique Session</b></p>	<p><b>Monday – Friday</b> 16.00 – 16.30</p> <p>16.30 – 17.00</p> <p>These sessions are half hour sessions only</p>	<p>Why not bring your child to any of these sessions. Beginners is for children who want to learn the basics in swimming and Stroke technique is for children who are already able to swim but want to brush up on there Technique.</p> <p>Ages 5 &amp; Above for beginners Seals or above for Stroke Technique</p>	



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Symbol	Activity	Day and time	Description	Price
	<b>Halloween Crafts Session</b>	Thurs 13.00 – 15.00	<p>Why not try this session were you'll be creating all sorts of fun things for Halloween like cards and Masks.</p> <p>For Ages 5 &amp; Above Children under 8 Years need Parental supervision.</p>	Discounts apply with Leeds cards Breeze Cards Etc
	<b>Go-Kart session</b>	Wed 15.00 – 16.00 16.00 – 17.00	<p>This session is great for the little ones who like anything to do with cars, and fancy becoming the next Lewis Hamilton, they've proven very popular sessions in the past and it is advisable to book as places are limited.</p> <p>For Ages 4 – 10 Years</p>	Discounts apply with Leeds cards Breeze Cards Etc



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Symbol	Activity	Day and time	Description	Price
	<b>Soft Play area Session</b>	<b>Tues</b> 10.00 – 11.00	Why not bring the little ones down for this session and let them play in our soft play area. Ages 9 months to 5 years	