

# Pool sessions timetable

## Albert Avenue Pools

Accurate as of 13/03/2026

### Times for Sunday 18 January



Time	Session	Facility
8:30 am - 9:45 am	Adults only swimming	Large Pool
9:15 am - 12:00 pm	Family swimming (minimum one adult one child)	Small Pool
10:00 am - 10:45 am	Adult Outdoor Cold Water Swim	Lido
10:45 am - 11:30 am	Adult Outdoor Cold Water Swim	Lido
12:15 pm - 3:30 pm	Public Swimming	Large Pool