

# Pool sessions timetable

## Albert Avenue Pools

Accurate as of 04/05/2026

### Times for Wednesday 6 May



Time	Session	Facility
7:15 am - 9:30 am	Adults only swimming	Lido
10:00 am - 11:30 am	Lido Public Swim	Lido
12:00 pm - 1:30 pm	Lido Public Swim	Lido
2:00 pm - 3:30 pm	Lido Public Swim	Lido
4:00 pm - 5:30 pm	Lido Public Swim	Lido
6:45 pm - 7:30 pm	Aqua Fit	Large Pool