

Pool sessions timetable

Albert Avenue Pools

Accurate as of 03/08/2026

Times for Friday 7 August



Time	Session	Facility
7:15 am - 9:00 am	Adults only swimming	Large Pool
9:30 am - 11:00 am	Lido Public Swim - Book Online	Lido
10:00 am - 11:00 am	Free junior swimming (free for 15 year olds and under)	Lido
11:30 am - 1:00 pm	Lido Public Swim - Book Online	Lido
1:30 pm - 3:00 pm	Lido Public Swim - Book Online	Lido
3:30 pm - 5:00 pm	Lido Public Swim - Book Online	Lido
5:30 pm - 7:00 pm	Lido Public Swim - Book Online	Lido
7:30 pm - 8:30 pm	Adults only swimming	Lido
9:00 pm - 10:00 pm	Twilight Adults Swim	Lido