## **Pool sessions timetable** Woodford Leisure Centre

## Accurate as of 07/05/2024

Times for Tuesday 22 September			<b>(</b> )
Time	Session	Facility	
8:00 am - 9:00 am	Adults only swimming	Main Pool	
8:00 am - 9:00 am	Adults only swimming	Teaching Pool	
11:00 am - 12:00 pm	Adults only swimming	Main Pool	
11:00 am - 12:00 pm	Adult swimming lessons	Teaching Pool	
3:00 pm - 4:00 pm	Adults only swimming	Main Pool	
3:00 pm - 4:00 pm	Family swimming (minimum one adult one child)	Teaching Pool	