

Pool sessions timetable

Woodford Leisure Centre

Accurate as of 20/04/2024

Times for Friday 25 September



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
12:00 pm - 1:00 pm	Adults only swimming	Main Pool
12:00 pm - 1:00 pm	Family swimming (minimum one adult one child)	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
6:00 pm - 7:00 pm	Adults only swimming	Main Pool
6:00 pm - 7:00 pm	Family swimming (minimum one adult one child)	Teaching Pool