

Pool sessions timetable

Woodford Leisure Centre

Accurate as of 29/04/2024

Times for Wednesday 23 June



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
9:30 am - 10:30 am	Adults only swimming	Main Pool
9:30 am - 10:30 am	Family swimming (minimum one adult one child)	Teaching Pool
11:00 am - 12:00 pm	Adults only swimming	Main Pool
11:00 am - 12:00 pm	Adults only swimming	Teaching Pool
12:00 pm - 1:00 pm	Family/Adult Swim	Leisure Pool
1:00 pm - 3:00 pm	Education Swimming	Main Pool
1:00 pm - 3:00 pm	Education Swimming	Teaching Pool
2:00 pm - 3:00 pm	Family/Adult Swim	Leisure Pool
3:45 pm - 5:45 pm	Swimming lessons (no public sessions)	Main Pool
3:45 pm - 5:45 pm	Swimming lessons (no public sessions)	Teaching Pool
4:30 pm - 5:30 pm	Family/Adult Swim	Leisure Pool
6:00 pm - 7:30 pm	Club Swimming (private session)	Main Pool
6:15 pm - 7:15 pm	Family/Adult Swim	Leisure Pool
8:00 pm - 9:00 pm	Adults only swimming	Main Pool
8:00 pm - 9:00 pm	Adults only swimming	Teaching Pool