


# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 05/05/2024

Times for Thursday 30 June			
Time	Session	Facility	
7:15 am - 9:15 am	Adults only swimming	Main Pool	
10:00 am - 11:30 am	Disability swimming	Leisure Pool	
10:15 am - 11:00 am	Aqua fitness	Main Pool	
10:15 am - 11:00 am	Adults Only Swimming (deep end only, no non-swimmers)	Main Pool	
11:00 am - 1:00 pm	Public Swimming	Main Pool	
1:00 pm - 3:00 pm	Public Swimming	Leisure Pool	
3:00 pm - 5:00 pm	Family/Adult Swim	Main Pool	
4:15 pm - 6:15 pm	Public Swimming	Leisure Pool	
7:00 pm - 8:30 pm	Public Swimming	Leisure Pool	