

# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 26/04/2024

### 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