Pool sessions timetable

Woodford Leisure Centre

Accurate as of 10/04/2024

| Times for Friday 1 July | | |
|-------------------------|--|--------------|
| Time | Session | Facility |
| 7:15 am - 9:15 am | Adults only swimming | Main Pool |
| 9:00 am - 11:30 am | Public Swimming | Leisure Pool |
| 10:30 am - 12:00 pm | Disability Swimming (Shared with Adults Only Swim) | Main Pool |
| 1:00 pm - 3:00 pm | Public Swimming | Leisure Pool |
| 4:00 pm - 6:00 pm | Public Swimming | Leisure Pool |
| 4:00 pm - 7:00 pm | Family/Adult Swim (shared with swimming lessons) | Main Pool |
| 6:30 pm - 8:00 pm | Disco dive (8 to 15 year olds). | Leisure Pool |
| 7:30 pm - 9:00 pm | Adults Only Swimming (shared with Rookie Lifeguards) | Main Pool |