Pool sessions timetable Woodford Leisure Centre

Accurate as of 27/04/2024

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