


# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 18/05/2024

Times for Thursday 2 May			
Time	Session	Facility	
7:00 am - 10:15 am	Public Swimming	Main Pool	
7:00 am - 10:15 am	Public Swimming	Teaching 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	
11:00 am - 1:00 pm	Disability Swimming (Shared with Adults Only Swim)	Teaching Pool	
12:30 pm - 3:00 pm	Public Swimming	Leisure Pool	
1:30 pm - 3:15 pm	Public Swimming (shared with swimming lessons)	Main Pool	
4:00 pm - 5:15 pm	Family/Adult Swim	Main Pool	
4:00 pm - 6:30 pm	Public Swimming	Leisure Pool	
7:00 pm - 9:00 pm	Public Swimming	Leisure Pool	