

# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 08/06/2026

### Times for Monday 18 May



Time	Session	Facility
7:00 am - 9:30 am	Adults only swimming	Main Pool
7:00 am - 9:30 am	Adults only swimming	Teaching Pool
9:00 am - 12:00 pm	Public Swimming	Leisure Fun Pool
9:30 am - 12:00 pm	Public Swimming	Main Pool
2:00 pm - 5:30 pm	Public Swimming	Leisure Fun Pool
3:00 pm - 4:45 pm	Public Swimming	Main Pool
3:00 pm - 4:45 pm	Public Swimming	Teaching Pool
6:30 pm - 8:30 pm	Family swimming (minimum one adult one child)	Leisure Fun Pool
6:45 pm - 7:30 pm	Aqua Zumba	Main Pool
7:30 pm - 9:00 pm	Adults only swimming	Teaching Pool
7:30 pm - 9:00 pm	Adults only swimming	Main Pool