

# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 20/05/2026

### Times for Thursday 21 May



Time	Session	Facility
7:00 am - 10:00 am	Adults only swimming	Main Pool
7:00 am - 10:00 am	Public Swimming	Teaching Pool
10:00 am - 11:00 am	Us Mums Aqua Natal	Main Pool
10:00 am - 11:30 am	Disability swimming	Leisure Fun 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
12:45 pm - 3:00 pm	Public Swimming	Leisure Fun Pool
1:45 pm - 3:15 pm	Public Swimming	Main Pool
4:00 pm - 5:15 pm	Public Swimming	Main Pool
4:00 pm - 6:00 pm	Public Swimming	Leisure Fun Pool
7:00 pm - 9:00 pm	Public Swimming	Leisure Fun Pool