

Pool sessions timetable

Woodford Leisure Centre

Accurate as of 20/05/2026

Times for Monday 25 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
9:30 am - 12:00 pm	Public Swimming	Teaching Pool
1:00 pm - 3:30 pm	Public Swimming	Leisure Fun Pool
1:00 pm - 3:30 pm	Public Swimming	Main Pool
1:00 pm - 3:30 pm	Public Swimming	Teaching Pool