

Pool sessions timetable

Woodford Leisure Centre

Accurate as of 24/08/2026

Times for Monday 24 August			
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 - 10:30 am	Public Swimming	Leisure Fun Pool	
9:30 am - 12:00 pm	Public Swimming	Main Pool	
11:00 am - 12:00 pm	Free junior swimming (free for 15 year olds and under)	Leisure Fun 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	