

Pool sessions timetable

Woodford Leisure Centre

Accurate as of 24/08/2026

Times for Sunday 30 August

Time	Session	Facility
9:00 am - 10:00 am	Adults only swimming	Main Pool
9:00 am - 10:00 am	Adults only swimming	Teaching Pool
9:00 am - 12:00 pm	Public Swimming	Leisure Fun Pool
10:00 am - 1:45 pm	Public Swimming	Main Pool
10:00 am - 1:45 pm	Public Swimming	Teaching Pool
1:15 pm - 4:30 pm	Public Swimming	Leisure Fun Pool
2:15 pm - 3:15 pm	Adults only swimming	Main Pool
2:15 pm - 3:15 pm	Family swimming (minimum one adult one child)	Teaching Pool