

Pool sessions timetable

Woodford Leisure Centre

Accurate as of 15/09/2026

Times for Thursday 17 September			
Time	Session	Facility	
7:00 am - 10:00 am	Public 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	