

Pool sessions timetable

Woodford Leisure Centre

Accurate as of 15/09/2026

Times for Friday 18 September



Time	Session	Facility
7:00 am - 9:15 am	Adults only swimming	Main Pool
7:00 am - 9:15 am	Family/Adult Swim	Teaching Pool
9:00 am - 12:00 pm	Public Swimming	Leisure Fun Pool
9:15 am - 10:00 am	Aqua fitness	Main Pool
9:15 am - 10:00 am	Adults Only Swimming (deep end only, no non-swimmers)	Main Pool
10:00 am - 12:00 pm	Disability swimming	Teaching Pool
10:30 am - 12:00 pm	Disability Swimming (Shared with Adults Only Swim)	Main Pool
1:00 pm - 3:15 pm	Public Swimming	Main Pool
1:00 pm - 3:15 pm	Public Swimming	Teaching Pool
1:15 pm - 3:00 pm	Public Swimming	Leisure Fun Pool
4:00 pm - 5:30 pm	Public Swimming	Leisure Fun Pool
4:00 pm - 6:45 pm	Family/Adult Swim (shared with swimming lessons)	Main Pool
6:30 pm - 8:00 pm	Disco dive (8 to 15 year olds).	Leisure Fun Pool
7:30 pm - 9:00 pm	Adults Only Swimming (shared with Rookie Lifeguards)	Main Pool