

Pool sessions timetable

Woodford Leisure Centre

Accurate as of 19/09/2026

Times for Tuesday 22 September			
Time	Session	Facility	
7:00 am - 1:00 pm	Public Swimming	Main Pool	
7:00 am - 1:00 pm	Public Swimming	Teaching Pool	
9:00 am - 12:00 pm	Public Swimming	Leisure Fun Pool	
10:00 am - 11:45 am	Public Swimming (shared with swimming lessons)	Main Pool	
1:15 pm - 3:00 pm	Public Swimming	Leisure Fun Pool	
1:45 pm - 3:15 pm	Family/Adult Swim	Main Pool	
3:45 pm - 5:30 pm	Public Swimming	Leisure Fun Pool	
4:00 pm - 5:30 pm	Public Swimming	Main Pool	
6:30 pm - 7:15 pm	Aqua Zumba	Leisure Fun Pool	
7:30 pm - 9:00 pm	Public Swimming	Leisure Fun Pool	