

Pool sessions timetable

Woodford Leisure Centre

Accurate as of 19/09/2026

Times for Wednesday 23 September



Time	Session	Facility
7:00 am - 9:45 am	Adults only swimming	Main Pool
7:00 am - 9:45 am	Family/Adult Swim	Teaching Pool
9:00 am - 12:00 pm	Public Swimming	Leisure Fun Pool
10:00 am - 10:45 am	Aqua Fit	Main Pool
10:00 am - 10:45 am	Adults Only Swimming (deep end only, no non-swimmers)	Main Pool
10:45 am - 1:00 pm	Public Swimming	Main Pool
12:00 pm - 1:00 pm	Public Swimming	Teaching Pool
1:15 pm - 3:00 pm	Public Swimming	Leisure Fun Pool
1:45 pm - 3:15 pm	Public Swimming	Main Pool
3:45 pm - 5:30 pm	Public Swimming	Leisure Fun Pool
4:00 pm - 5:45 pm	Family/Adult Swim (shared with swimming lessons)	Main Pool
6:30 pm - 7:15 pm	Aqua Zumba	Leisure Fun Pool
7:45 pm - 9:00 pm	Public Swimming	Leisure Fun Pool
8:15 pm - 9:00 pm	Adults only swimming	Teaching Pool
8:15 pm - 9:00 pm	Adults only swimming	Main Pool