

# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 19/09/2026

| Times for Thursday 24 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 |                                                                                     |