

The Pods Pool Timetable

The Pods

Accurate as of 08/05/2026

Times for Friday 13 April



Time	Session	Facility	# Lanes
6:30 am - 8:30 am	Training Lane	Main Pool	1
6:30 am - 9:30 am	Adult Lanes	Main Pool	2
9:30 am - 10:30 am	Lanes	Main Pool	2
9:30 am - 10:30 am	Energize	Main Pool	6
9:30 am - 10:30 am	Energize	Small Teaching Pool	
10:30 am - 11:30 am	Family Funsplash	Main Pool	8
10:30 am - 11:30 am	Family Funsplash	Small Teaching Pool	
11:30 am - 12:30 pm	Lanes	Main Pool	2
11:30 am - 12:30 pm	Casual Swim	Main Pool	6
11:30 am - 1:30 pm	Swimlincs minis	Small Teaching Pool	
12:30 pm - 1:30 pm	Training Lane	Main Pool	1
12:30 pm - 1:30 pm	Lanes	Main Pool	7
1:30 pm - 3:45 pm	Funsplash	Main Pool	8
1:30 pm - 3:45 pm	Funsplash	Small Teaching Pool	
4:00 pm - 5:30 pm	Casual Swim	Main Pool	2
4:00 pm - 7:00 pm	SwimLincs	Main Pool	6
4:00 pm - 7:00 pm	SwimLincs	Main Pool	
5:30 pm - 8:00 pm	Lanes	Main Pool	2
7:00 pm - 9:00 pm	Private Hire	Main Pool	6
8:00 pm - 9:00 pm	Adult Swim	Main Pool	2