

# The Pods Pool Timetable

## The Pods

Accurate as of 17/05/2024

Times for Thursday 25 April				
Time	Session	Facility	# Lanes	
6:30 am - 7:30 am	Lanes	Main Pool	7	
6:30 am - 9:30 am	Training Lane	Main Pool	1	
7:30 am - 9:30 am	Lanes	Main Pool	2	
7:30 am - 9:30 am	Adult Swim	Main Pool	6	
9:30 am - 11:30 am	Lanes	Main Pool	2	
9:30 am - 11:30 am	Schools	Main Pool	5	
9:30 am - 11:30 am	Schools	Teaching Pool		
9:30 am - 11:30 am	Casual Swim	Main Pool	1	
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	Teaching Pool		
12:45 pm - 1:30 pm	Training Lane	Main Pool	1	
12:45 pm - 1:30 pm	Adult Lanes	Main Pool	7	
1:30 pm - 2:30 pm	Lanes	Main Pool	2	
1:30 pm - 2:30 pm	Schools	Main Pool	5	
1:30 pm - 2:30 pm	Schools	Teaching Pool		
2:30 pm - 3:45 pm	Staff Training	Main Pool	8	
4:00 pm - 5:30 pm	Casual Swim	Main Pool	2	
4:00 pm - 7:00 pm	SwimLincs	Teaching Pool		
5:30 pm - 7:00 pm	Adult Lanes	Main Pool	2	
6:00 pm - 7:00 pm	Private Hire	Main Pool	6	

Time	Session	Facility	# Lanes
7:00 pm - 8:00 pm	Ladies only lanes	Main Pool	2
7:00 pm - 8:00 pm	Ladies Only Swim	Main Pool	6
8:00 pm - 9:00 pm	Adult Lanes	Main Pool	2
8:00 pm - 9:00 pm	Aquacise	Main Pool	6