

The Pods Pool Timetable

The Pods

Accurate as of 09/05/2026

Times for Thursday 21 August



Time	Session	Facility	# Lanes
6:30 am - 7:30 am	Lanes	Main Pool	5
6:30 am - 10:00 am	Lanes	Main Pool	2
6:30 am - 10:00 am	Training Lane	Main Pool	1
7:30 am - 9:00 am	Adult Swim	Main Pool	5
9:00 am - 10:00 am	Casual Swim	Main Pool	5
9:00 am - 10:00 am	Family Casual Swim	Small Teaching Pool	
10:15 am - 11:15 am	Summer Daze	Main Pool	
10:15 am - 11:15 am	Summer Daze	Small Teaching Pool	
11:30 am - 12:30 pm	Casual Swim	Main Pool	7
11:30 am - 12:30 pm	Good Boost	Main Pool	1
11:30 am - 1:30 pm	Swimlincs minis	Small Teaching Pool	
12:45 pm - 1:30 pm	Adult Lanes	Main Pool	6
12:45 pm - 1:30 pm	Training Lane	Main Pool	1
12:45 pm - 1:30 pm	Good Boost	Main Pool	1
1:45 pm - 2:45 pm	Summer Daze	Main Pool	8
1:45 pm - 2:45 pm	Summer Daze	Small Teaching Pool	
2:45 pm - 3:45 pm	Staff Training	Main Pool	
2:45 pm - 3:45 pm	Staff Training	Small Teaching Pool	
4:00 pm - 5:30 pm	Casual Swim	Main Pool	2
4:00 pm - 6:00 pm	SwimLincs	Main Pool	6
4:00 pm - 7:00 pm	SwimLincs	Small Teaching Pool	

Time	Session	Facility	# Lanes
5:30 pm - 7:00 pm	Adult Lanes	Main Pool	1
6:00 pm - 7:00 pm	Good Boost	Main Pool	1
6:00 pm - 7:00 pm	Private Hire	Main Pool	6
7:00 pm - 8:00 pm	Ladies Only Swim	Main Pool	6
7:00 pm - 8:00 pm	Ladies only lanes	Main Pool	2
8:00 pm - 9:00 pm	Adult Lanes	Main Pool	2
8:00 pm - 9:00 pm	Aquacise	Main Pool	4
8:00 pm - 9:00 pm	Adult Swim	Main Pool	2