

# The Pods Pool Timetable

## The Pods

Accurate as of 09/05/2026

### Times for Friday 22 August



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

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b># Lanes</b>
4:00 pm - 6:00 pm	SwimLincs	Main Pool	6
4:00 pm - 7:00 pm	SwimLincs	Small Teaching Pool	
5:30 pm - 8:00 pm	Adult Lanes	Main Pool	2
6:00 pm - 8:00 pm	Private Hire	Main Pool	6