

The Pods Pool Timetable

The Pods

Accurate as of 24/05/2026

Times for Tuesday 26 May



Time	Session	Facility	# Lanes
6:30 am - 7:30 am	Lanes	Main Pool	5
6:30 am - 9:30 am	Training Lane	Main Pool	1
6:30 am - 9:30 am	Lanes	Main Pool	2
7:30 am - 9:30 am	Adult Swim	Main Pool	5
9:00 am - 11:00 am	Crash course swimming lessons	Small Teaching Pool	
9:30 am - 11:00 am	Lanes	Main Pool	3
9:30 am - 11:00 am	Family Casual Swim	Main Pool	5
11:00 am - 12:00 pm	Sea Scooters	Main Pool	3
11:00 am - 12:30 pm	Casual Swim	Small Teaching Pool	
11:00 am - 12:30 pm	Casual Swim	Main Pool	5
11:15 am - 12:00 pm	Good Boost	Main Pool	1
12:30 pm - 12:45 pm	Pool Closed	Main Pool	8
12:30 pm - 1:30 pm	Family Casual Swim	Small Teaching Pool	
12:45 pm - 1:30 pm	Good Boost	Main Pool	1
12:45 pm - 1:30 pm	Training Lane	Main Pool	1
12:45 pm - 1:30 pm	Adult Lanes	Main Pool	6
1:30 pm - 1:45 pm	Pool Closed	Main Pool	8
1:45 pm - 2:30 pm	Giant pool inflatable	Main Pool	
2:30 pm - 3:00 pm	Pool Closed	Main Pool	8
3:00 pm - 3:45 pm	Casual Swim	Main Pool	7
3:00 pm - 3:45 pm	Good Boost	Main Pool	1

Time	Session	Facility	# Lanes
3:00 pm - 3:45 pm	Casual Swim	Small Teaching Pool	
3:45 pm - 4:00 pm	Pool Closed	Main Pool	8
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	Small Teaching Pool	
5:15 pm - 6:00 pm	Good Boost	Main Pool	1
5:30 pm - 9:00 pm	Adult Lanes	Main Pool	2
7:00 pm - 8:00 pm	Training Lane	Main Pool	1
7:00 pm - 8:00 pm	Casual Swim	Main Pool	5
8:00 pm - 9:00 pm	Adult Swim	Main Pool	3
8:00 pm - 9:00 pm	NPLQ	Main Pool	3