

# The Pods Pool Timetable

## The Pods

Accurate as of 24/05/2026

### Times for Thursday 28 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	Family Casual Swim	Main Pool	5
9:30 am - 11:30 am	Lanes	Main Pool	3
11:00 am - 12:30 pm	Casual Swim	Main Pool	5
11:30 am - 12:15 pm	Good Boost	Main Pool	1
11:30 am - 12:30 pm	Lanes	Main Pool	2
11:30 am - 1:30 pm	SwimLincs	Small Teaching Pool	
12:30 pm - 12:45 pm	Pool Closed	Main Pool	8
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 - 2:45 pm	Pool Closed	Main Pool	8
2:45 pm - 3:45 pm	Staff Training	Main Pool	
2:45 pm - 3:45 pm	Staff Training	Small Teaching Pool	
3:45 pm - 4:00 pm	Pool Closed	Main Pool	8

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b># Lanes</b>
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	
5:30 pm - 7:00 pm	Adult Lanes	Main Pool	2
6:00 pm - 7:00 pm	Good Boost	Main Pool	1
6:00 pm - 7:00 pm	Private Hire	Main Pool	5
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	Adult Swim	Main Pool	6