

The Pods Pool Timetable

The Pods

Accurate as of 13/06/2026

Times for Thursday 18 June



| 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 | 5 |
| 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 | Small Teaching Pool | |
| 9:30 am - 11:30 am | Casual Swim | Main Pool | 1 |
| 11:30 am - 12:15 pm | Good Boost | Main Pool | 1 |
| 11:30 am - 12:30 pm | Lanes | Main Pool | 2 |
| 11:30 am - 12:30 pm | Casual Swim | Main Pool | 5 |
| 11:30 am - 1:30 pm | Swimlincs minis | Small Teaching Pool | |
| 12:45 pm - 1:30 pm | Training Lane | Main Pool | 1 |
| 12:45 pm - 1:30 pm | Adult Lanes | Main Pool | 6 |
| 12:45 pm - 1:30 pm | Good Boost | Main Pool | 1 |
| 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 | Small Teaching Pool | |
| 1:30 pm - 2:30 pm | Casual Swim | Main Pool | 1 |
| 2:30 pm - 3:45 pm | Staff Training | Main Pool | 8 |
| 4:00 pm - 5:30 pm | Casual Swim | Main Pool | 2 |

| Time | Session | Facility | # Lanes |
|-------------------|-------------------|---------------------|----------------|
| 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 | Private Hire | Main Pool | 5 |
| 6:00 pm - 7:00 pm | Good Boost | Main Pool | 1 |
| 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 | Adult Swim | Main Pool | 6 |