

The Pods Pool Timetable

The Pods

Accurate as of 13/06/2026

Times for Friday 19 June



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 - 9:30 am	Lanes	Main Pool	2
7:30 am - 9:30 am	Adult Swim	Main Pool	5
8:30 am - 9:30 am	Good Boost	Main Pool	1
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	Casual Swim	Main Pool	5
11:30 am - 12:30 pm	Lanes	Main Pool	2
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
1:30 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	Lanes	Main Pool	2
2:30 pm - 3:45 pm	Casual Swim	Main Pool	5

Time	Session	Facility	# Lanes
2:30 pm - 3:45 pm	Casual Swim	Small Teaching Pool	
3:00 pm - 3:45 pm	Good Boost	Main Pool	1
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	
5:30 pm - 9:00 pm	Adult Lanes	Main Pool	2
7:00 pm - 9:00 pm	Private Hire	Main Pool	6