

The Pods Pool Timetable

The Pods

Accurate as of 26/07/2026

Times for Tuesday 28 July				
Time	Session	Facility	# Lanes	
6:30 am - 7:30 am	Lanes	Main Pool	4	
6:30 am - 9:30 am	Lanes	Main Pool	3	
6:30 am - 9:30 am	Training Lane	Main Pool	1	
7:30 am - 9:30 am	Adult Swim	Main Pool	4	
9:00 am - 11:00 am	Crash course swimming lessons	Small Teaching Pool		
9:30 am - 11:30 am	NPLQ	Main Pool	2	
9:45 am - 10:45 am	Summer Daze	Main Pool	6	
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	
11:30 am - 12:30 pm	Lanes	Main Pool	2	
12:30 pm - 1:30 pm	Family Casual Swim	Small Teaching Pool		
12:45 pm - 1:30 pm	Adult Lanes	Main Pool	6	
12:45 pm - 1:30 pm	Training Lane	Main Pool	1	
12:45 pm - 1:30 pm	Good Boost	Main Pool	1	
1:45 pm - 2:30 pm	Casual Swim	Main Pool	6	
1:45 pm - 3:45 pm	Casual Swim	Small Teaching Pool		
1:45 pm - 3:45 pm	Lanes	Main Pool	2	
2:30 pm - 3:15 pm	Aquacise	Main Pool	6	
3:00 pm - 3:45 pm	Good Boost	Main Pool	1	
3:15 pm - 3:45 pm	Casual Swim	Main Pool	5	

Time	Session	Facility	# Lanes
4:00 pm - 5:30 pm	Casual Swim	Main Pool	2
4:00 pm - 7:00 pm	SwimLincs	Small Teaching Pool	
4:00 pm - 7:00 pm	SwimLincs	Main Pool	6
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 - 8:30 pm	Private Hire	Main Pool	5
7:00 pm - 9:00 pm	Training Lane	Main Pool	1
8:30 pm - 9:00 pm	Adult Lanes	Main Pool	5