

The Pods Pool Timetable

The Pods

Accurate as of 24/09/2026

Times for Thursday 24 September				
Time	Session	Facility	# Lanes	
6:30 am - 7:30 am	Lanes	Main Pool	7	
6:30 am - 8:30 am	Training Lane	Main Pool	1	
7:30 am - 9:30 am	Lanes	Main Pool	3	
7:30 am - 9:30 am	Adult Swim	Main Pool	4	
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 - 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	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