

The Pods Pool Timetable

The Pods

Accurate as of 24/09/2026

Times for Monday 28 September				
Time	Session	Facility	# Lanes	
6:30 am - 7:30 am	Lanes	Main Pool	4	
6:30 am - 8:30 am	Training Lane	Main Pool	1	
6:30 am - 9:30 am	Lanes	Main Pool	3	
7:30 am - 9:30 am	Adult Swim	Main Pool	4	
8:30 am - 9:30 am	Good Boost	Main Pool	1	
9:30 am - 11:15 am	Casual Swim	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		
11:15 am - 12:00 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 - 12:30 pm	Lanes	Main Pool	2	
11:30 am - 1:30 pm	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	
1:30 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	

Time	Session	Facility	# Lanes
2:30 pm - 3:30 pm	Adult & Toddler FunSplash	Small Teaching Pool	
2:30 pm - 3:45 pm	Lanes	Main Pool	2
2:30 pm - 3:45 pm	Casual Swim	Main Pool	5
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 - 6:00 pm	SwimLincs	Main Pool	6
4:00 pm - 7:00 pm	SwimLincs	Small Teaching Pool	
5:30 pm - 8:00 pm	Adult Lanes	Main Pool	2
6:00 pm - 8:00 pm	Private Hire	Main Pool	6
8:00 pm - 9:00 pm	Adult Lanes	Main Pool	8