

The Pods Pool Timetable

The Pods

Accurate as of 24/09/2026

Times for Tuesday 29 September



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
9:30 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	Casual Swim	Small Teaching Pool	2
11:30 am - 1:30 pm	SwimLincs	Small Teaching Pool	2
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	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
1:30 pm - 3:45 pm	Lanes	Main Pool	2
2:30 pm - 3:15 pm	Aquacise	Main Pool	6

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
3:15 pm - 3:45 pm	Casual Swim	Main Pool	5
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	
5:15 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 Swim	Main Pool	5