

# The Pods Pool Timetable

## The Pods

Accurate as of 28/04/2024

| Times for Thursday 23 August |                  |               |         |  |
|------------------------------|------------------|---------------|---------|-------------------------------------------------------------------------------------|
| Time                         | Session          | Facility      | # Lanes |                                                                                     |
| 6:30 am - 8:30 am            | Training Lane    | Main Pool     | 1       |                                                                                     |
| 6:30 am - 9:30 am            | Adult Lanes      | Main Pool     | 2       |                                                                                     |
| 9:30 am - 10:30 am           | Energize         | Teaching Pool |         |                                                                                     |
| 9:30 am - 12:30 pm           | Lanes            | Main Pool     | 2       |                                                                                     |
| 9:30 am - 12:30 pm           | Summer Daze      | Main Pool     | 6       |                                                                                     |
| 10:30 am - 11:30 am          | Summer Daze      | Teaching Pool |         |                                                                                     |
| 11:30 am - 12:30 pm          | Swimlincs minis  | Teaching Pool |         |                                                                                     |
| 12:30 pm - 1:15 pm           | Adult & Child    | Teaching Pool | 2       |                                                                                     |
| 12:30 pm - 1:30 pm           | Training Lane    | Main Pool     | 1       |                                                                                     |
| 12:30 pm - 1:30 pm           | Adult Lanes      | Main Pool     | 7       |                                                                                     |
| 12:30 pm - 1:30 pm           | Swimlincs minis  | Teaching Pool | 2       |                                                                                     |
| 1:45 pm - 3:45 pm            | Funsplash        | Main Pool     | 8       |                                                                                     |
| 1:45 pm - 3:45 pm            | Family Funsplash | Teaching Pool |         |                                                                                     |
| 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        | Teaching Pool |         |                                                                                     |
| 5:30 pm - 7:00 pm            | Lanes            | Main Pool     | 2       |                                                                                     |
| 6:00 pm - 7:00 pm            | Private Hire     | Main Pool     | 6       |                                                                                     |
| 7:00 pm - 8:00 pm            | Ladies Only Swim | Main Pool     | 6       |                                                                                     |
| 8:00 pm - 9:00 pm            | Lanes            | Main Pool     | 2       |                                                                                     |