


# The Pods Pool Timetable

## The Pods

Accurate as of 29/04/2024

Times for Friday 24 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	Main Pool	6	
9:30 am - 10:30 am	Energize	Teaching Pool		
9:30 am - 12:30 pm	Lanes	Main Pool	2	
10:30 am - 11:30 am	Summer daze - family swim	Teaching Pool		
10:30 am - 12:30 pm	Summer Daze	Main Pool	6	
11:30 am - 1:30 pm	Swimlincs minis	Teaching Pool		
12:30 pm - 1:30 pm	Training Lane	Main Pool	1	
12:30 pm - 1:30 pm	Adult Lanes	Main Pool	7	
1:45 pm - 3:45 pm	Funsplash	Main Pool	8	
1:45 pm - 3:45 pm	Funsplash	Teaching Pool		
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	Teaching Pool		
5:30 pm - 8:00 pm	Lanes	Main Pool	2	
7:00 pm - 9:00 pm	Private Hire	Main Pool	6	
8:00 pm - 9:00 pm	Adult Swim	Main Pool	2	