

The Pods Pool Timetable

The Pods

Accurate as of 05/05/2024

Times for Thursday 30 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 |