

Pool sessions timetable

Albert Avenue Pools

Accurate as of 12/03/2025

Times for Friday 14 March



| Time | Session | Facility |
|--------------------|-------------------------------|------------|
| 7:00 am - 9:00 am | Adults only swimming | Large Pool |
| 9:00 am - 12:00 pm | Public Swimming | Large Pool |
| 12:45 pm - 4:45 pm | Public Swimming | Large Pool |
| 5:30 pm - 6:15 pm | Adult Outdoor Cold Water Swim | Lido |
| 6:15 pm - 7:00 pm | Adult Outdoor Cold Water Swim | Lido |
| 7:15 pm - 9:00 pm | Public Swimming | Large Pool |