## **Pool sessions timetable**Woodford Leisure Centre

## Accurate as of 09/04/2024

Times for Thursday 21 February		
Time	Session	Facility
7:00 am - 9:15 am	Adults only swimming	Main Pool
10:00 am - 11:45 am	Disability swimming	Leisure Pool
10:00 am - 12:00 pm	Disability swimming	Teaching Pool
5:30 pm - 6:30 pm	Free junior swimming (free for 5 to 15 year olds)	Leisure Pool