

# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 09/04/2024

Times for Friday 22 February			
Time	Session	Facility	
7:00 am - 9:15 am	Adults only swimming	Main Pool	
10:00 am - 12:00 pm	Disability swimming	Teaching Pool	
10:30 am - 12:00 pm	Disability swimming	Main Pool	
6:30 pm - 8:00 pm	Disco dive (8 to 15 year olds).	Leisure Pool	
7:15 pm - 9:00 pm	Adults only swimming	Main Pool	