


# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 15/05/2024

| Times for Wednesday 1 May |   |               |  |
|---------------------------|---|---------------|---|
| Time                      | Session   | Facility      |   |
| 7:00 am - 9:15 am         | Adults only swimming                              | Main Pool     |   |
| 9:00 am - 9:30 pm         | Leisure centre closed for bank holiday            | Leisure Pool  |   |
| 9:00 am - 9:30 pm         | Leisure centre closed for bank holiday            | Leisure Pool  |   |
| 9:15 am - 10:30 am        | Adult only swimming (shared pool with aqua class) | Main Pool     |   |
| 9:30 am - 10:15 am        | Aqua Fit  | Main Pool     |   |
| 1:30 pm - 4:00 pm         | Pool closed                                       | Leisure Pool  |   |
| 6:30 pm - 7:15 pm         | Aqua fitness                                      | Leisure Pool  |   |
| 6:30 pm - 7:15 pm         | Aqua Fit  | Leisure Pool  |   |
| 8:15 pm - 9:00 pm         | Adults only swimming                              | Teaching Pool |   |
| 8:15 pm - 9:00 pm         | Adults only swimming                              | Main Pool     |   |