


# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 16/05/2024

| Times for Friday 3 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     |   |
| 10:30 am - 12:00 pm    | Disability Swimming (Shared with Adults Only Swim)   | Main Pool     |   |
| 10:30 am - 12:00 pm    | Disability swimming                                  | Teaching Pool |   |
| 1:30 pm - 4:00 pm      | Pool closed  | Leisure Pool  |   |
| 5:45 pm - 7:00 pm      | Disco dive (8 to 15 year olds).                      | Leisure 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 (shared with Rookie Lifeguards) | Main Pool     |   |