Pool sessions timetable

Woodford Leisure Centre

Accurate as of 12/10/2024

Times for Monday 17 June

Time	Session	Facility
7:00 am - 9:15 am	Adults only swimming	Main Pool
9:00 am - 10:00 am	Adults only swimming	Leisure Pool
9:00 am - 9:30 pm	Leisure centre closed for bank holiday	Leisure Pool
9:00 am - 10:00 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
6:00 pm - 6:45 pm	Aqua Fit	Main Pool
6:30 pm - 8:30 pm	SEN Disability / Family Swim	Leisure Pool
8:00 pm - 9:00 pm	Adults only swimming	Main Pool
8:00 pm - 9:00 pm	Adults only swimming	Teaching Pool