

Pool sessions timetable

Woodford Leisure Centre

Accurate as of 28/04/2024

Times for Thursday 4 July



| 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 - 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 |
| 10:00 am - 12:00 pm | Pool closed for essential maintenance | Leisure Pool |
| 10:00 am - 12:00 pm | Disability swimming | Teaching Pool |
| 10:15 am - 12:00 pm | Disability swimming | Leisure Pool |