

Pool sessions timetable

Woodford Leisure Centre

Accurate as of 05/05/2024

Times for Monday 14 October



| 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 |