


# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 18/05/2024

Times for Friday 18 October			
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	