


Pool sessions timetable

Woodford Leisure Centre

Accurate as of 09/05/2024

| Times for Monday 18 November | | |  |
|------------------------------|---|---------------|---|
| 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 | |