Pool sessions timetable

Woodford Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 22 January

Time	Session	Facility
7:00 am - 9:15 am	Adults only swimming	Main Pool
9:00 am - 3:00 pm	Pool closed for essential maintenance	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
1:30 pm - 4:00 pm	Pool closed	Leisure Pool
4:00 pm - 6:00 pm	Pool closed for essential maintenance	Leisure Pool
6:30 pm - 7:15 pm	Aqua fitness	Leisure Pool
6:30 pm - 7:15 pm	Pool closed for essential maintenance	Leisure Pool
7:30 pm - 9:00 pm	Pool closed for essential maintenance	Leisure Pool
8:15 pm - 9:00 pm	Adults only swimming	Teaching Pool
8:15 pm - 9:00 pm	Adults only swimming	Main Pool