Pool sessions timetable

Woodford Leisure Centre

Accurate as of 12/10/2024

Times for Friday 24 January

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