

# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 20/04/2024

### Times for Friday 28 February



| 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     |