


Pool sessions timetable

Woodford Leisure Centre

Accurate as of 05/05/2024

Times for Friday 26 April			
Time	Session	Facility	
7:00 am - 10:30 am	Adults only swimming	Main Pool	
7:00 am - 10:30 am	Family/Adult Swim	Teaching Pool	
9:00 am - 12:00 pm	Public Swimming	Leisure 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	
12:45 pm - 3:15 pm	Public Swimming (shared with swimming lessons)	Main Pool	
1:00 pm - 3:00 pm	Public Swimming	Leisure Pool	
4:00 pm - 6:00 pm	Public Swimming	Leisure Pool	
4:00 pm - 7:00 pm	Family/Adult Swim (shared with swimming lessons)	Main Pool	
6:30 pm - 8:00 pm	Disco dive (8 to 15 year olds).	Leisure Pool	
7:30 pm - 9:00 pm	Adults Only Swimming (shared with Rookie Lifeguards)	Main Pool	