

# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 18/05/2024

### Times for Wednesday 1 May



Time	Session	Facility
7:00 am - 9:30 am	Family/Adult Swim	Teaching Pool
7:00 am - 10:15 am	Adults only swimming	Main Pool
9:00 am - 12:00 pm	Public Swimming	Leisure Pool
10:15 am - 11:00 am	Aqua fitness	Main Pool
10:15 am - 11:00 am	Adults Only Swimming (deep end only, no non-swimmers)	Main Pool
11:00 am - 1:00 pm	Public Swimming	Main Pool
1:00 pm - 3:00 pm	Public Swimming	Leisure Pool
1:30 pm - 3:15 pm	Public Swimming (shared with swimming lessons)	Main Pool
3:45 pm - 5:45 pm	Public Swimming	Leisure Pool
4:00 pm - 5:45 pm	Family/Adult Swim (shared with swimming lessons)	Main Pool
6:30 pm - 7:15 pm	Aqua Zumba	Leisure Pool
7:30 pm - 9:00 pm	Public Swimming	Leisure Pool
8:15 pm - 9:00 pm	Adults only swimming	Main Pool
8:15 pm - 9:00 pm	Adults only swimming	Teaching Pool
8:15 pm - 9:00 pm	Adults only swimming	Teaching Pool