

# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 28/07/2024

### Times for Monday 22 July



Time	Session	Facility
7:00 am - 9:30 am	Adults only swimming	Main Pool and Teaching Pool
9:00 am - 12:30 pm	Public Swimming	Leisure Pool
9:30 am - 1:00 pm	Public Swimming	Main Pool and Teaching Pool
2:00 pm - 5:45 pm	Public Swimming	Leisure Pool
3:00 pm - 6:00 pm	Public Swimming	Main Pool and Teaching Pool
6:30 pm - 7:15 pm	Aqua Zumba	Main Pool
6:30 pm - 8:30 pm	SEN Disability / Family Swim	Leisure Pool
7:30 pm - 9:00 pm	Adults only swimming	Main Pool