

Pool sessions timetable

Woodford Leisure Centre

Accurate as of 28/07/2024

Times for Tuesday 23 July



Time	Session	Facility
7:00 am - 11:00 am	Adults only swimming	Main Pool
7:00 am - 1:00 pm	Public Swimming	Teaching Pool
9:00 am - 10:30 am	Public Swimming	Leisure Pool
11:00 am - 12:00 pm	Free junior swimming (free for 5 to 15 year olds)	Leisure Pool
11:00 am - 1:00 pm	Public Swimming	Main Pool
1:00 pm - 3:30 pm	Public Swimming	Leisure Pool
1:30 pm - 3:00 pm	Public Swimming	Main Pool
4:00 pm - 5:30 pm	Family/Adult Swim	Main Pool
4:15 pm - 5:45 pm	Public Swimming	Leisure Pool
6:30 pm - 7:15 pm	Aqua Zumba	Leisure Pool
7:30 pm - 9:00 pm	Public Swimming	Leisure Pool