

# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 28/07/2024

### Times for Friday 26 July



Time	Session	Facility
7:00 am - 10:30 am	Adults only swimming	Main Pool and Teaching Pool
9:00 am - 12:00 pm	Public Swimming	Leisure Pool
10:30 am - 12:00 pm	Disability /Adults Only Swim	Main Pool and Teaching Pool
12:45 pm - 3:00 pm	Public Swimming	Main Pool
1:00 pm - 3:30 pm	Public Swimming	Leisure Pool
4:00 pm - 7:00 pm	Family/Adult Swim	Main Pool
4:15 pm - 6:00 pm	Public Swimming	Leisure 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