

# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 01/08/2024

### Times for Wednesday 7 August



Time	Session	Facility
7:00 am - 10:15 am	Adults only swimming	Main Pool and Teaching 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 and Teaching Pool
1:00 pm - 3:30 pm	Public Swimming	Leisure Pool
4:00 pm - 5:45 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
8:15 pm - 9:00 pm	Adults only swimming	Main Pool and Teaching Pool