

# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 02/08/2024

### Times for Thursday 8 August



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