

# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 28/12/2024

Times for Monday 2 December			
Time	Session	Facility	
7:00 am - 9:00 am	Adults only swimming	Teaching Pool	
7:00 am - 9:30 am	Adults only swimming	Main Pool	
9:00 am - 12:30 pm	Public Swimming	Leisure Pool	
9:30 am - 1:00 pm	Public Swimming	Main Pool	
2:00 pm - 6:00 pm	Public Swimming	Leisure Pool	
3:00 pm - 6:00 pm	Public Swimming	Main Pool	
3:00 pm - 6:00 pm	Public Swimming	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	
7:30 pm - 9:00 pm	Adults only swimming	Teaching Pool	