

# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 26/12/2024

### Times for Thursday 5 December



Time	Session	Facility
7:00 am - 10:15 am	Public Swimming	Main Pool
7:00 am - 10:15 am	Public Swimming	Teaching Pool
10:00 am - 11:30 am	Disability 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
11:00 am - 1:00 pm	Disability Swimming (Shared with Adults Only Swim)	Teaching Pool
12:30 pm - 3:00 pm	Public Swimming	Leisure Pool
1:30 pm - 3:15 pm	Public Swimming (shared with swimming lessons)	Main Pool
4:00 pm - 5:15 pm	Family/Adult Swim	Main Pool
4:00 pm - 6:30 pm	Public Swimming	Leisure Pool
7:00 pm - 9:00 pm	Public Swimming	Leisure Pool