

Pool sessions timetable

Woodford Leisure Centre

Accurate as of 26/12/2024

Times for Monday 9 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 |