

# Pool sessions timetable

## Woodford Leisure Centre

Accurate as of 28/12/2024

Times for Tuesday 10 December			
Time	Session	Facility	
7:00 am - 9:00 am	Public Swimming	Teaching Pool	
7:00 am - 1:00 pm	Public Swimming	Main Pool	
9:00 am - 12:00 pm	Public Swimming	Leisure Pool	
10:00 am - 11:00 am	Adult swimming lessons	Main Pool	
11:00 am - 1:00 pm	Public Swimming	Teaching Pool	
1:00 pm - 3:00 pm	Public Swimming	Leisure Pool	
1:30 pm - 3:15 pm	Public Swimming (shared with swimming lessons)	Main Pool	
3:45 pm - 5:45 pm	Public Swimming	Leisure Pool	
4:00 pm - 5:30 pm	Family/Adult Swim	Main Pool	
6:30 pm - 7:15 pm	Aqua Zumba	Leisure Pool	
7:30 pm - 9:00 pm	Public Swimming	Leisure Pool	