

Pool sessions timetable

Woodford Leisure Centre

Accurate as of 22/12/2024

Times for Monday 23 December



Time	Session	Facility
7:00 am - 9:30 am	Adults only swimming	Main Pool and Teaching Pool
9:00 am - 11:00 am	Public Swimming	Leisure Pool
9:30 am - 1:00 pm	Public Swimming	Main Pool and Teaching Pool
11:30 am - 12:30 pm	Free junior swimming (free for 15 year olds and under)	Leisure Pool
1:30 pm - 3:00 pm	Public Swimming	Main Pool and Teaching Pool
1:30 pm - 3:30 pm	Public Swimming	Leisure Pool
3:45 pm - 6:30 pm	Family/Adult Swim	Main Pool and Teaching Pool
4:15 pm - 5:45 pm	Public Swimming	Leisure Pool
6:30 pm - 8:30 pm	SEN Disability / Family Swim	Leisure Pool
7:00 pm - 9:00 pm	Adults only swimming	Main Pool and Teaching Pool