


The Pods Pool Timetable

The Pods

Accurate as of 10/05/2024

| Times for Monday 18 February | | | |  |
|------------------------------|--------------------|---------------|---------|---|
| Time | Session | Facility | # Lanes | |
| 6:30 am - 8:30 am | Training Lane | Main Pool | 1 | |
| 6:30 am - 9:30 am | Lanes | Main Pool | 2 | |
| 9:30 am - 10:30 am | Lanes | Main Pool | 2 | |
| 9:30 am - 10:30 am | Casual Swim | Main Pool | 6 | |
| 9:30 am - 10:30 am | Energize | Teaching Pool | | |
| 10:30 am - 11:30 am | Family Funsplash | Main Pool | 8 | |
| 10:30 am - 11:30 am | Family Funsplash | Teaching Pool | | |
| 11:30 am - 12:30 pm | Lanes | Main Pool | 2 | |
| 11:30 am - 1:30 pm | Family Casual Swim | Teaching Pool | | |
| 12:30 pm - 1:30 pm | Training Lane | Main Pool | 1 | |
| 12:30 pm - 1:30 pm | Adult Lanes | Main Pool | 7 | |
| 1:45 pm - 3:45 pm | Funsplash | Main Pool | 8 | |
| 1:45 pm - 3:45 pm | Funsplash | Teaching Pool | | |
| 4:00 pm - 5:30 pm | Casual Swim | Main Pool | 2 | |
| 4:00 pm - 6:00 pm | SwimLincs | Main Pool | 6 | |
| 4:00 pm - 7:00 pm | SwimLincs | Teaching Pool | | |
| 5:30 pm - 9:00 pm | Lanes | Main Pool | 2 | |
| 6:00 pm - 8:00 pm | Private Hire | Main Pool | 6 | |