


The Pods Pool Timetable

The Pods

Accurate as of 10/04/2024

Times for Monday 22 April				
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	Casual Swim	Main Pool	6	
9:30 am - 10:30 am	Energize	Teaching Pool		
10:30 am - 11:30 am	Family Funsplash	Main Pool		
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	Adult Lanes	Main Pool	6	
12:30 pm - 1:30 pm	Training Lane	Main Pool	2	
1:45 pm - 2:45 pm	Energize	Main Pool		
3:00 pm - 3:45 pm	Funsplash	Main Pool		
4:00 pm - 5:30 pm	Casual Swim	Main Pool	2	
4:00 pm - 6:00 pm	SwimLincs	Main Pool	6	
5:30 pm - 9:00 pm	Lanes	Main Pool	2	
6:00 pm - 8:00 pm	Private Hire	Main Pool	6	
8:00 pm - 9:00 pm	Adult Swim	Main Pool		