

The Pods Pool Timetable

The Pods

Accurate as of 07/05/2024

| Times for Friday 23 August | | | |  |
|----------------------------|---------------------------|---------------|---------|---|
| Time | Session | Facility | # Lanes | |
| 6:30 am - 8:30 am | Adult Lanes | Main Pool | 2 | |
| 6:30 am - 8:30 am | Training Lane | Main Pool | 1 | |
| 8:30 am - 9:30 am | Adult Lanes | Main Pool | 3 | |
| 9:30 am - 10:30 am | Energize | Main Pool | 6 | |
| 9:30 am - 10:30 am | Energize | Teaching Pool | | |
| 9:30 am - 12:30 pm | Lanes | Main Pool | 2 | |
| 10:30 am - 11:30 am | Summer daze - family swim | Teaching Pool | | |
| 10:30 am - 12:30 pm | Summer Daze | Main Pool | 6 | |
| 11:30 am - 1:30 pm | Swimlincs minis | Teaching Pool | | |
| 12:30 pm - 1:30 pm | Adult Lanes | Main Pool | 7 | |
| 12:30 pm - 1:30 pm | Training Lane | Main Pool | 1 | |
| 1:30 pm - 1:45 pm | Temporary Pool Closure | Main Pool | | |
| 1:30 pm - 1:45 pm | Temporary Pool Closure | Teaching Pool | | |
| 1:45 pm - 2:45 pm | Energize | Main Pool | | |
| 1:45 pm - 3:45 pm | Funsplash | Teaching Pool | | |
| 2:45 pm - 3:00 pm | Temporary Pool Closure | Main Pool | | |
| 3:00 pm - 3:45 pm | Funsplash | Main Pool | | |
| 3:45 pm - 4:00 pm | Temporary Pool Closure | Main Pool | | |
| 3:45 pm - 4:00 pm | Temporary Pool Closure | Teaching Pool | | |
| 4:00 pm - 5:30 pm | Casual Swim | Main Pool | 2 | |
| 4:00 pm - 7:00 pm | SwimLincs | Main Pool | 6 | |

| Time | Session | Facility | # Lanes |
|-------------------|--------------|---------------|---------|
| 4:00 pm - 7:00 pm | SwimLincs | Teaching Pool | |
| 5:30 pm - 8:00 pm | Lanes | Main Pool | 2 |
| 7:00 pm - 9:00 pm | Private Hire | Main Pool | 6 |
| 8:00 pm - 9:00 pm | Adult Lanes | Main Pool | 2 |