## The Pods Pool Timetable The Pods

## Accurate as of 20/08/2024

| Times for Monday 26 Au | ıgust                     |               |         | <u>(</u> |
|------------------------|---------------------------|---------------|---------|----------|
| Time                   | Session                   | Facility      | # Lanes |          |
| 6:30 am - 7:30 am      | Lanes                     | Main Pool     |         |          |
| 6:30 am - 9:15 am      | Lanes                     | Main Pool     |         |          |
| 6:30 am - 9:15 am      | Training Lane             | Main Pool     |         |          |
| 7:30 am - 9:15 am      | Adult Swim                | Main Pool     |         |          |
| 9:30 am - 10:15 am     | Giant pool inflatable     | Main Pool     |         |          |
| 9:30 am - 11:30 am     | Summer daze - family swim | Teaching Pool |         |          |
| 10:15 am - 11:00 am    | Giant pool inflatable     | Main Pool     |         |          |
| 11:30 am - 12:15 pm    | Good Boost                | Main Pool     |         |          |
| 11:30 am - 12:30 pm    | Summer Daze               | Main Pool     |         |          |
| 11:30 am - 12:30 pm    | Summer Daze               | Teaching Pool |         |          |
| 12:45 pm - 1:30 pm     | Training Lane             | Main Pool     |         |          |
| 12:45 pm - 1:30 pm     | Adult Lanes               | Main Pool     |         |          |
| 1:45 pm - 3:00 pm      | Summer daze - family swim | Main Pool     |         |          |
| 1:45 pm - 3:00 pm      | Summer daze - family swim | Teaching Pool |         |          |
| 3:00 pm - 3:45 pm      | Casual Swim               | Main Pool     |         |          |
| 3:00 pm - 3:45 pm      | Good Boost                | Main Pool     |         |          |
| 3:00 pm - 3:45 pm      | Casual Swim               | Teaching Pool |         |          |
| 4:00 pm - 5:30 pm      | Casual Swim               | Main Pool     |         |          |
| 4:00 pm - 6:00 pm      | SwimLincs                 | Main Pool     |         |          |
| 4:00 pm - 7:00 pm      | SwimLincs                 | Teaching Pool |         |          |
| 6:00 pm - 7:00 pm      | Private Hire              | Main Pool     |         |          |
|                        |                           |               |         |          |

| Time              | Session       | Facility  | # Lanes |
|-------------------|---------------|-----------|---------|
| 7:00 pm - 9:00 pm | Centre Closed | Main Pool |         |