

The Pods Pool Timetable

The Pods

Accurate as of 03/09/2024

Times for Monday 2 September



| 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 - 11:00 am | Casual Swim | Main Pool | |
| 9:30 am - 11:30 am | Casual Swim | Teaching Pool | |
| 11:30 am - 12:15 pm | Good Boost | Main Pool | |
| 11:30 am - 12:30 pm | Summer daze - family swim | Main Pool | |
| 11:30 am - 12:30 pm | Summer daze - family swim | 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 | Casual Swim | Main Pool | |
| 1:45 pm - 3:00 pm | Casual 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 | |
| 5:30 pm - 6:15 pm | SwimLincs | Main Pool | |
| 6:00 pm - 8:00 pm | Private Hire | Main Pool | |

| Time | Session | Facility | # Lanes |
|-------------------|----------------|-----------------|----------------|
| 6:15 pm - 8:00 pm | Adult Lanes | Main Pool | |
| 8:00 pm - 9:00 pm | Adult Lanes | Main Pool | |