

# The Pods Pool Timetable

## The Pods

Accurate as of 03/09/2024

### Times for Thursday 5 September



Time	Session	Facility	# Lanes
6:30 am - 7:30 am	Lanes	Main Pool	7
6:30 am - 9:30 am	Training Lane	Main Pool	1
7:30 am - 9:30 am	Lanes	Main Pool	2
7:30 am - 9:30 am	Adult Swim	Main Pool	6
9:30 am - 11:30 am	Lanes	Main Pool	2
9:30 am - 11:30 am	Schools	Main Pool	5
9:30 am - 11:30 am	Schools	Teaching Pool	
9:30 am - 11:30 am	Casual Swim	Main Pool	1
9:30 am - 11:30 am	Casual Swim	Main Pool	1
11:30 am - 12:30 pm	Lanes	Main Pool	2
11:30 am - 12:30 pm	Casual Swim	Main Pool	6
11:30 am - 1:30 pm	Swimlincs minis	Teaching Pool	
12:45 pm - 1:30 pm	Training Lane	Main Pool	1
12:45 pm - 1:30 pm	Adult Lanes	Main Pool	7
1:30 pm - 2:30 pm	Lanes	Main Pool	2
1:30 pm - 2:30 pm	Schools	Main Pool	5
1:30 pm - 2:30 pm	Schools	Teaching Pool	
2:30 pm - 3:45 pm	Staff Training	Main Pool	8
4:00 pm - 5:30 pm	Casual Swim	Main Pool	2
4:00 pm - 7:00 pm	SwimLincs	Teaching Pool	
5:30 pm - 6:00 pm	Adult Lanes	Main Pool	2

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b># Lanes</b>
6:00 pm - 7:00 pm	Private Hire	Main Pool	6
6:00 pm - 7:00 pm	Lanes	Main Pool	1
6:00 pm - 7:00 pm	Good Boost	Main Pool	1
7:00 pm - 8:00 pm	Ladies only lanes	Main Pool	2
7:00 pm - 8:00 pm	Ladies Only Swim	Main Pool	6
8:00 pm - 9:00 pm	Adult Lanes	Main Pool	2
8:00 pm - 9:00 pm	Aquacise	Main Pool	6