The Pods Pool Timetable The Pods

Accurate as of 13/09/2024

Time Session Facility # Lanes 6:30 am - 7:30 am Lanes Main Pool 7 6:30 am - 9:30 am Training Lane Main Pool 2 7:30 am - 9:30 am Lanes Main Pool 6 9:30 am - 9:30 am Adult Swim Main Pool 6 9:30 am - 11:30 am Lanes Main Pool 5 9:30 am - 11:30 am Schools Teaching Pool 1 9:30 am - 11:30 am Casual Swim Main Pool 1 9:30 am - 11:30 am Casual Swim Main Pool 1 9:30 am - 11:30 am Casual Swim Main Pool 2 11:30 am - 12:30 pm Lanes Main Pool 6 11:30 am - 12:30 pm Casual Swim Main Pool 6 11:30 am - 1:30 pm Adult Lanes Main Pool 7 12:45 pm - 1:30 pm Adult Lanes Main Pool 7 1:30 pm - 2:30 pm Lanes Main Pool 5 1:30 pm - 2:30 pm Schools Teaching Pool 2	Times for Thursday 19 Se		•	
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	4:00 pm - 5:30 pm	Casual Swim	Main Pool	2
5:30 pm - 6:00 pm Adult Lanes Main Pool 2	4:00 pm - 7:00 pm	SwimLincs	Teaching Pool	
	5:30 pm - 6:00 pm	Adult Lanes	Main Pool	2

Time	Session	Facility	# Lanes
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