## The Pods Pool Timetable The Pods

## Accurate as of 18/10/2024

| Times for Friday 27 September |                 |               |         |  |
|-------------------------------|-----------------|---------------|---------|--|
| Time                          | Session         | Facility      | # Lanes |  |
| 6:30 am - 7:30 am             | Lanes           | Main Pool     | 7       |  |
| 6:30 am - 7:30 am             | Casual Swim     | Main Pool     | 2       |  |
| 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     | 5       |  |
| 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       |  |
| 11:30 am - 12:15 pm           | Good Boost      | Main Pool     | 1       |  |
| 11:30 am - 12:30 pm           | Casual Swim     | Main Pool     | 5       |  |
| 11:30 am - 12:30 pm           | Lanes           | Main Pool     | 2       |  |
| 11:30 am - 1:30 pm            | Swimlincs minis | Teaching Pool |         |  |
| 12:45 pm - 1:30 pm            | Adult Lanes     | Main Pool     | 7       |  |
| 12:45 pm - 1:30 pm            | Training Lane   | Main Pool     | 1       |  |
| 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             | Lanes           | Main Pool     | 2       |  |
| 2:30 pm - 3:45 pm             | Casual Swim     | Main Pool     | 6       |  |
| 2:30 pm - 3:45 pm             | Casual Swim     | Teaching Pool |         |  |
|                               |                 |               |         |  |

| Time              | Session      | Facility      | # Lanes |
|-------------------|--------------|---------------|---------|
| 3:00 pm - 3:45 pm | Good Boost   | Main Pool     | 1       |
| 4:00 pm - 5:30 pm | Casual Swim  | Main Pool     | 2       |
| 4:00 pm - 7:00 pm | SwimLincs    | Main Pool     | 6       |
| 4:00 pm - 7:00 pm | SwimLincs    | Teaching Pool |         |
| 5:30 pm - 9:00 pm | Adult Lanes  | Main Pool     | 2       |
| 7:00 pm - 9:00 pm | Private Hire | Main Pool     | 6       |