

Waltham Forest Feel Good Centre- Main Pool

| | | 06:00 | 06:30 | 07:00 | 07:30 | 08:00 | 08:30 | 09:00 | 09:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | 13:00 | 13:30 | 14:00 | 14:30 | 15:00 | 15:30 | 16:00 | 16:30 | 17:00 | 17:30 | 18:00 | 18:30 | 19:00 | 19:30 | 20:00 | 20:30 | 21:00 | 21:30 | | |
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| Monday | Lane 1 | Clubs | | | | | | Schools | | | | | Swim Dr | | Schools | | | | | | | Lessons | | | | | | | | | | | Clubs | | |
| | Lane 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 3 | Swim for fitness | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 8 | | | | | | | | | | | | | | | | Clubs | | | | | | | | | | | | | | | | | | |

| | | 06:00 | 06:30 | 07:00 | 07:30 | 08:00 | 08:30 | 09:00 | 09:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | 13:00 | 13:30 | 14:00 | 14:30 | 15:00 | 15:30 | 16:00 | 16:30 | 17:00 | 17:30 | 18:00 | 18:30 | 19:00 | 19:30 | 20:00 | 20:30 | 21:00 | 21:30 |
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| Tuesday | Lane 1 | | | | | | | Schools | | | | | | | | Schools | | | | Lessons | | | | | | | | Clubs | | | | | |
| | Lane 2 | | | | | | | Swim for fitness | | | | | | Aqua Aerobics | | | | | | | | | | | | Swim for fitness | | | | | | | |
| | Lane 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| | | 06:00 | 06:30 | 07:00 | 07:30 | 08:00 | 08:30 | 09:00 | 09:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | 13:00 | 13:30 | 14:00 | 14:30 | 15:00 | 15:30 | 16:00 | 16:30 | 17:00 | 17:30 | 18:00 | 18:30 | 19:00 | 19:30 | 20:00 | 20:30 | 21:00 | 21:30 | | |
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| Wednesday | Lane 1 | Clubs | | | | Swim Dr | | Schools | | | | | | Swim Dr | | Schools | | | | | | Lessons | | | | | | | | | | | | | |
| | Lane 2 | Clubs | | | | Swim Dr | | Schools | | | | | | Swim Dr | | Schools | | | | | | Lessons | | | | | | | | | | | | | |
| | Lane 3 | | | | | | | Schools | | | | | | Swim Dr | | Schools | | | | | | Lessons | | | | | | | | | | Clubs | | | |
| | Lane 4 | | | | | | | Swim for fitness | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 5 | | | | | | | Swim for fitness | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 6 | | | | | | | Swim for fitness | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 7 | | | | | | | Swim for fitness | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 8 | | | | | | | Swim for fitness | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| | | 06:00 | 06:30 | 07:00 | 07:30 | 08:00 | 08:30 | 09:00 | 09:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | 13:00 | 13:30 | 14:00 | 14:30 | 15:00 | 15:30 | 16:00 | 16:30 | 17:00 | 17:30 | 18:00 | 18:30 | 19:00 | 19:30 | 20:00 | 20:30 | 21:00 | 21:30 |
|----------|--------|------------------|-------|-------|-------|-------|-------|------------------|-------|-------|-------|-------|-------|------------------|-------|---------|-------|-------|---------|------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Thursday | Lane 1 | Swim for fitness | | | | | | Schools | | | | | | | | Schools | | | Lessons | | | | | | | | Clubs | | | | | | |
| | Lane 2 | | | | | | | Schools | | | | | | | | Schools | | | | | | | | | | | | | | | | | |
| | Lane 3 | | | | | | | Swim for fitness | | | | | | Aqua Aerobics | | | | | | Swim for fitness | | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| | | 06:00 | 06:30 | 07:00 | 07:30 | 08:00 | 08:30 | 09:00 | 09:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | 13:00 | 13:30 | 14:00 | 14:30 | 15:00 | 15:30 | 16:00 | 16:30 | 17:00 | 17:30 | 18:00 | 18:30 | 19:00 | 19:30 | 20:00 | 20:30 | 21:00 | 21:30 |
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| Friday | Lane 1 | | | | | Swim Dr | Schools | | | | | | | | | Schools | | | | | | Lessons | | | | | | | | | | Closed | |
| | Lane 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lne 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| | | 06:00 | 06:30 | 07:00 | 07:30 | 08:00 | 08:30 | 09:00 | 09:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | 13:00 | 13:30 | 14:00 | 14:30 | 15:00 | 15:30 | 16:00 | 16:30 | 17:00 | 17:30 | 18:00 | 18:30 | 19:00 | 19:30 | 20:00 | 20:30 | 21:00 | 21:30 |
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| Saturday | Lane 1 | Closed | | | | | | Lessons | | | | | | | | Swim for Fitness | | | | | | | | | | Lessons | | Closed | | | | | |
| | Lane 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 6 | | | | | | | Swim for fitness | | | | | | | | Swim for all | | | | | | | | | | | | | | | | | |
| | Lane 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| | | 06:00 | 06:30 | 07:00 | 07:30 | 08:00 | 08:30 | 09:00 | 09:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | 13:00 | 13:30 | 14:00 | 14:30 | 15:00 | 15:30 | 16:00 | 16:30 | 17:00 | 17:30 | 18:00 | 18:30 | 19:00 | 19:30 | 20:00 | 20:30 | 21:00 | 21:30 | |
|--------|--------|------------------|-------|-------|-------|-------|---------|-------|-------|--------------|-------|-------|-------|-------|------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------|-------|--------|-------|-------|-------|-------|--|
| Sunday | Lane 1 | Closed | | | | | Lessons | | | | | | | | Swim for fitness | | | | | | | | | | | | Lessons | | Closed | | | | | |
| | Lane 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 5 | Swim for fitness | | | | | | | | Swim for all | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lane 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |