

Our August Programme



Oundle School
**SPORTS
CENTRE**

Join our lineup of workshops and interactive classes for a series of sessions aimed at personal growth and development.

Each week in August we celebrate that knowledge is power, our trained staff will be delivering advice in their specialist area within our industry.

**Members
go free!**

Non Members sign
up fee: £5.00

Nutritional Workshop Taster: A health talk focusing on positive lifestyle changes.



Wednesday 6th August 13.30 – 14.30

Join Becky to gain ideas how to implement new habits, diet choices and kickstart your health journey with us.

Fall in love with running... and how it can benefit you.



Monday 11th August 20.00 – 21.00

Join Sean to understand the benefits to running and best practices, including a personal story from one of our running club members.

Improve your swim technique.



Friday 22nd August 13.00 – 13.45

Join our experienced swim teachers as they offer guidance on technique, skill development and stroke improvement. This session will take place in our 23m Pool at 1.28m depth, suitable for confident beginners, intermediates and above.

Health Talk with a focus on Parkinsons.



Wednesday 27th August 12.00 – 13.00

Join Becky for our Parkinson's talk, a session for those living with Parkinsons and their careers, offering practical strategies for managing symptoms, maintaining well-being and making informed decisions.

CALL RECEPTION TO BOOK YOUR SPACE TODAY!

www.oundlesportscentre.co.uk

01832 277208 • sportscentre@oundleschool.org.uk



Swimming Activities



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Summer Holidays

Whether your child is building confidence in the water, working towards specific technique goals, or simply enjoys staying active during the holidays, our activities have something to suit every level and need.

- Otters Crash Courses
- Otters Booster Lessons
- Starts and Turns Workshop
- Junior & Next Steps Mini Polo
- Snorkelling Workshop
- Breaststroke Workshop... and more!

Alternatively scan the QR code:



Stay connected with the



Oundle School Sports Centre App

Never miss a session, update or swim again.

Download our free app today and get the latest updates straight to your phone. Don't rely on noticeboards or word of mouth, get everything you need at your fingertips.

Download now via the App Store or Google Play, just search "Oundle School Sports Centre".

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