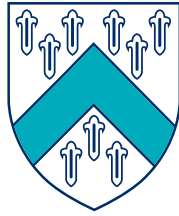


Day	23m 0.85m & 1.28m depth	25m 2m depth	50m 2m depth
Monday 11th	08.30 – 11.00(0.85 half until 9.45am)	08.30 – 11.00	07.00 – 08.00
	11.00 – 14.00 P&P (0.85)	11.00 – 14:00 P&P	
	14.30 – 16.00 (1.28)	14.00 – 18.00	
	18.00 – 19.30 P&P (1.28)	18.00 – 19.30 P&P	
	21.00 – 22.00 P&P (1.28)	20.30 – 22.00 P&P	
Tuesday 12th	07.00 – 08.00 (1.28)	07.00 – 08.30	19.30 – 21.00
	08.30 – 10.00 P&P (0.85 half pool)	08.30 – 10.00 P&P	21.00 – 22.00 P&P
	10.00 – 12.30 (0.85)	10.00 – 13.00	
	13.00 – 16.30 P&P (1.28)	13.00 – 17.00 P&P	
		18.00 – 19.00	
Wednesday 13th	8.30 – 9.45 (0.85 half pool)	08.30 – 10.00	07.00–08.00
	12.00 – 12.45 Aqua(1.28)	10.00 – 12.00 P&P	
	13.00 – 14.00 (0.85)	12.00 – 14.00	
	14.00 – 16.00 P&P (0.85)	14.00 – 18.00 P&P	
	18.00 – 19.30 (1.28)	18.00 – 19.30 (4 lanes)	
	19.30 – 22.00 P&P 1.28	20.30 – 22.00 P&P	
Thursday 14th	07.00 – 08.30 (1.28)	07.00 – 09.00	17.00 – 20.00 P&P
	09.00 – 11.00 P&P (0.85)	09.00 – 16.30 P&P	20.00 – 22.00 (2 lanes)
	11.30 – 14.00 P&P (1.28)		
Friday 15th	09.00 – 11.30 P&P (0.85)	09.00 – 15.30 P&P	07.00 – 08.30 P&P
	12.00 – 12.55 (Over 65's 1.28)	16.30 – 17.30	19.30 – 21.00 P&P
	13.15 – 16.30 P&P (1.28)	17.30 – 19.00 P&P	
	16.30 – 17.30 (1.28)		
	17.30 – 19.00 P&P (1.28)		
Saturday 16th	09.00 – 11.00 (P&P 0.85 Half Pool)	09.00 – 13.30 P&P	07.00 – 08.30 P&P
	11.00 – 13.30 P&P (.85)		14.00 – 16.00 P&P
Sunday 17th	Active Training World Triathlon		18.00 – 19.00
			19.00 – 21.00 P&P

Please note that there will be occasions during the pool sessions when 1-1 swimming lessons will be taking place.



Oundle School
**SPORTS
CENTRE**



Swimming Timetable

Monday 11th to Sunday 17th August 2025

Swimming Ratios

1 Adult : 1 Child Children between 3 months – 4 years.

1 Adult : 2 Children Children between 4– 7 Years.

Children 8 Years+ do not need to be accompanied by an adult.

- Members can swim in any sessions.
- Non-members can swim in the sessions marked with P&P
- Lane Swimming and 2m depth is not suitable for non-swimmers

*Over 65 swimmers must pre-book with reception to secure their place.

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