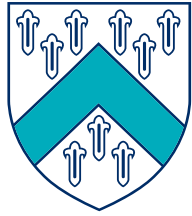


Day	23m 0.85m & 1.28m depth	25m 2m depth	50m 2m depth
Monday 1st	08.30 – 13.00 P&P (1.28)	11.00 – 13.00 P&P	07.00 – 08.00
	13.00 – 14.00 (1.28)	13.00 – 14.00	
	14.30 – 16.00 P&P (0.85)	14.00 – 16.00 P&P	
	16.00 – 18.15 (0.85)	16.00 – 18.30 (4 Lanes)	
	18.30 – 20.30 (1.28)	18.30 – 19.30 P&P	
Tuesday 2nd	11.00 – 13.00 P&P (0.85)	11.00 – 12.00 P&P	19.30 – 21.00 (2 Lanes)
		13.00 – 14.00	21.00 – 22.00 P&P
Wednesday 3rd	12.00 – 12.45 (Aquafit)	12.30 – 17.00 P&P	07.30 – 08.30 P&P
	13.00 – 17.00 P&P (0.85)	17.00 – 19.30 (4 Lanes)	
	17.30 – 19.30 (1.28)	20.30 – 22.00 P&P	
	19.30 – 22.00 P&P (1.28)		
Thursday 4th	07.00 – 08.30 (1.28)	07.00 – 08.30	19.00 – 20.00 P&P
	12.00 – 14.00 P&P (1.28)	12.00 – 14.00 P&P	20.00 – 21.45 (2 Lanes)
Friday 5th	07.00 – 08.30 (1.28)	07.30 – 08.30	No Session
	08.30 – 09.30 P&P (1.28)	08.30 – 09.30 P&P	
	12.00 – 13.00 over 65’s (1.28)	12.00 – 13.00	
	13.45 – 14.00 (0.85)	13.00 – 14.00 P&P	
	14.00 – 15.00 P&P(0.85) Halfpool	15.30 – 17.00 (2 Lanes)	
	15.00 – 16.00 P&P (0.85)	18.00 – 19.00 (2 Lanes)	
Saturday 6th	12.30 – 13.30 P&P (0.85)	09.00 – 12.30 (2 Lanes)	No Session
		12.30 – 13.30 P&P	
Sunday 7th	12.00 – 13.30 Fun Splash (0.85)	09.00 – 12.00 P&P(4 lanes)	18.00 – 19.30 P&P (2 lanes)
	15.00 – 16.30 P&P (1.28)	12.00 – 13.30 P&P	19.30 – 21.00 (2 Lanes)
		15.00 – 16.30 P&P	

*Fun Splash sessions are 45 minutes of activity. Places must be booked through reception in advance.

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 1st to Sunday 7th September 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.

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.

