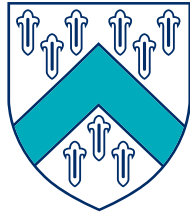


Day	23m 0.85m & 1.28m depth	25m 2m depth	50m 2m depth
<b>Monday 25th</b>	10.30 – 13.30 P&P (0.85)	10.30 – 16.00 P&P	08.00 – 09.00
	14.00 – 16.00 P&P (1.28)		09.00 – 10.00 P&P
<b>Tuesday 26th</b>	07.00 – 08.30 (1.28)	07.00 – 08.30 08.30 – 19.00 P&P	19.30 – 21.00 (2 lanes)
	08.30 – 09.30 P&P (1.28)		21.00 – 22.00 P&P
	11.00 – 14.00 P&P (0.85)		
	14.00 – 16.00 (0.85 Half Pool)		
	16.30 – 19.00 P&P (1.28)		
<b>Wednesday 27th</b>	12.00 – 12.45 (Aquafit)	10.00 – 19.30 P&P	07.00 – 08.30
	14.15 – 16.00 (0.85 Half Pool)	20.30 – 22.00 P&P	08.30 – 09.30 P&P
	16.30 – 22.00 P&P (1.28)		
<b>Thursday 28th</b>	07.00 – 08.30 (1.28)	07.00 – 08.30 08.30 – 18.30 P&P	19.00 – 20.00
	08.30 – 9.30 P&P (1.28)		20.00 – 22.00 P&P
	10.00 – 12.00 P&P (0.85 half pool)		
	12.00 – 14.00 P&P (0.85)		
	14.00 – 16.00 P&P (0.85 half pool)		
	16.30 – 18.30 P&P (1.28)		
<b>Friday 29th</b>	10.30 – 12.30 P&P (0.85)	10.30 – 21.00 P&P	07.00 – 08.30
	17.00 – 21.00 P&P (1.28)		08.30 – 10.00 P&P
<b>Saturday 30th</b>	09.00 – 13.30 P&P (0.85)	09.00 – 13.30 P&P	14.00 – 15.00
			15.00 – 16.00 P&P
<b>Sunday 31st</b>	09.30 – 11.30 P&P (1.28)	09.30 – 16.30 P&P	07.00 – 09.00 P&P
	12.00 – 13.15 (fun float)*		18.00 – 21.00 (2 lanes)
	14.00 – 16.30 P&P (1.28)		

\*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 25th to Sunday 31st 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.

**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.

