

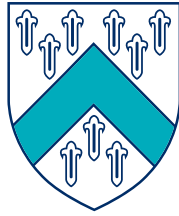
Day	23m 0.85m & 1.28m depth	25m 2m depth	50m 2m depth
Monday	08.30–10.30 P&P (0.85 half pool)	11.00 – 12:00 P&P	07.00 – 08.00
	10.30 – 13.00 P&P (0.85)	13.00 – 14.00 (4 lanes)	
	14.00 – 15.30 P&P (1.28)	14.00 – 16.00 P&P	
	18.15 – 20.30 P&P (1.28)	16.00 – 17.00 (2 lanes)	
		18.30 – 19.30 P&P	
Tuesday Please consider exemption dates before visiting the Centre.	07.00 – 08.30 (1.28)	07.00 – 08.30	19.30–21.00 (2 lanes)
	08.30 – 09.30 P&P (1.28)	11.00 – 12.00 P&P	21.00 – 22.00 P&P
	09.30 – 11.00 (1.28 half pool)	13.00 – 14.00 P&P	
	11.00 – 13.30 (1.28)		
	13.30 – 14.00 (1.28, Express Aqua)		
Wednesday	12.00 – 12.45 (1.28, Aqua)	12.00 – 16.00 P&P	07.30 – 08.30 P&P
	13.00 – 16.00 P&P (0.85)	16.00 – 17.00 (2 lanes)	
	19.30 – 21.00 P&P (1.28)	18.45 – 19.30	
		20.30 – 22.00 P&P	
Thursday	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 Please consider exemption dates before visiting the Centre.	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 – 12.55 (Over 65's 1.28)	12.00 – 13.00 P&P	
	14.00 – 15.00 P&P (0.85 half pool)	13.00 – 14.00 (4 lanes)	
	15.00 – 16.00 P&P (0.85)	15.30 – 17.00 (2 lanes)	
		18.00 – 19.00 (2 lanes)	
Saturday	12.30 – 13.30 P&P (0.85 half pool)	09.00 – 12.30 (2 lanes)	NO SESSION
		12.30 – 13.30 P&P	
Sunday Please consider exemption dates before visiting the Centre.	12.00 – 13.30 (0.85, fun splash)	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	

Please consider these exemptiondates before visiting the Centre

- No sessions from 11.00 –14.00 on Tuesday 30th September
- No sessions on Friday 3rd October at 12.00 – 13.00
- No sessions on Sunday 5th October from 15.00 – 16.30

Fridays – Over 65 session swimmers must pre-book with reception.

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



Oundle School
**SPORTS
CENTRE**



Swimming Timetable

**Monday 29th September to
Friday 17th October 2025**

Swimming Ratios

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

1 Adult : 2 Children Children between 5 – 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

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

Never miss a session, update or swim again.

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