



Oundle School
**SPORTS
CENTRE**

Swimming Timetable

Monday 23rd February to
Friday 20th March 2026

Swimming Ratios

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

1 Adult : 2 Children: Children between 4-7 years.

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

Session Guidance

- Members can swim in any sessions
- Non-members can swim in the sessions **NOT** marked "Members Only"
- Lane Swimming and 2m depth is not suitable for non-swimmers

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

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	23 m 0.85m & 1.28m depth	25 m 2m depth	50 m 2m depth
Monday	09.30 – 10.30 (0.85m, 3 lanes) 10.30 – 12.30 (0.85m) 14.00 – 15.30 (1.28m) 19.00 – 20.30 (1.28)	10.00 – 13.00 13.00 – 14.00 (Members Only, 4 lanes) 14.00 – 16.00 16.00 – 17.00 (Members Only, 2 lanes)	07.00 – 08.00
Tuesday	07.00 – 09.30 (1.28m) 09.45 – 10.45 (1.28m, 3 lanes) 10.45 – 13.30 (1.28m) 13.30 – 14.00 (Aquafit)	07.00 – 08.30 11.00 – 13.30	19.30 – 21.00 (Members Only, 2 lanes) 21.00 – 22.00
Wednesday	12.00 – 12.45 (Aquafit) 12.45 – 13.45 (1.28m) 15.00 – 16.00 (0.85m) 19.15 – 22.00 (1.28)	12.00 – 14.00 14.00 – 15.00 (Members Only, 4 lanes) 15.00 – 16.00 16.00 – 17.00 (Members Only, 2 lanes) 20.30 – 22.00	07.30 – 08.30
Thursday	07.00 – 08.30 (1.28m) 12.00 – 13.00 (0.85m)	07.00 – 08.30 12.00 – 13.00 13.00 – 14.00 (Members Only, 4 lanes)	19.00 – 20.00
Friday	07.00 – 08.00 (Members, 1.28m) 08.00 – 09.30 (1.28m) 12.00 – 13.00 (65+, 1.28m)* 14.00 – 16.00 (0.85m, 3 lanes)	07.30 – 09.30 12.00 – 13.00 13.00 – 14.00 (Members Only, 4 lanes) 14.00 – 16.00 18.00 – 19.00 (Members Only, 4 lanes)	No Session
Saturday	12.30 – 13.30 (0.85m, 3 lanes)	09.00 – 12.30 (2 lanes) 12.30 – 13.30	No Session
Sunday	12.00 – 12.45 (Fun Splash, 0.85m)** 12.45 – 13.30 (Fun Splash, 0.85m)** 15.00 – 16.30 (1.28m)	09.00 – 12.00 (4 lanes) 12.00 – 13.30 15.00 – 16.30	17.00 – 19.00 (4 lanes)*** 19.00 – 21.00 (Members Only, 2 lanes)

*Fridays - Over 65 Session swimmers must pre-book with reception.

**Sundays - Fun Splash session places must be booked through reception in advance.

*** 8 March, this session will have 2 lanes from 17.00 – 18.00 and 4 lanes from 18.00 – 19.00

Non-members can swim in any sessions that are **NOT** labelled "Members Only".