



Oundle School
**SPORTS
CENTRE**

Swimming Timetable

30 March to 5 April 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.

Never miss a session, update, or swim again.

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23 m
0.85m & 1.28m depth

25 m
2m depth

50 m
2m depth

Monday

10.45 - 11.45 half pool, 0.85m
11.45 - 15.00 0.85m

09.30 - 15.00
15.00 - 16.00 Members, 4 Lanes

07.00 - 08.00 Members
08.00 - 09.00
16.30 - 18.30 Members, 4 Lanes
18.30 - 19.30
20.30 - 22.00

Tuesday

09.30 - 13.00 half pool, 0.85m
13.00 - 16.00 0.85

09.30 - 16.00

07.00 - 08.00 Members
08.00 - 09.00 3 Lanes
16.30 - 18.30 Members, 3 Lanes
18.30 - 19.30
19.30 - 21.00 Members, 2 Lanes
21.00 - 22.00

Wednesday

09.30 - 11.30 0.85m
12.00 - 12.45 Aquafit
13.00 - 14.00 Members, 3 Lanes, 0.85m
14.00 - 15.00 0.85m

09.30 - 13.00
13.00 - 14.00 Members
14.00 - 16.00

07.00 - 08.00 Members, 3 Lanes
08.00 - 09.00 3 Lanes
16.30 - 18.30 Members, 3 Lanes
18.30 - 19.30
20.30 - 22.00

Thursday

11.30 - 12.30 Members, half pool, 0.85m
12.30 - 14.00 0.85m

09.30 - 11.30
11.30 - 12.30 Members
12.30 - 16.00

07.00 - 08.00 Members, 3 Lanes
08.00 - 09.00 3 Lanes
16.30 - 18.30 Members, 3 Lanes
18.30 - 20.00

Friday

10.00 - 11.45 0.85m
12.00 - 13.00 Fun Splash, 0.85m**
14.00 - 15.30 0.85m

10.00 - 15.00

08.00 - 09.00 3 Lanes

Saturday

09.00 - 10.00 Members, half pool, 1.28m
10.00 - 13.30 1.28m

09.00 - 10.00 Members, 3 Lanes
10.00 - 13.30

No Session

Sunday

Centre Closed

Centre Closed

Centre Closed

*Over 65 Session swimmers must pre-book with reception.
**Fun Splash session places must be booked through reception in advance.
Non-members can swim in any sessions that are **NOT** labelled "Members Only".