



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.

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

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 (Members Only)
08.00 – 09.00

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 – 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”.