



Oundle School  
**SPORTS  
CENTRE**

# Swimming Timetable

13 April to 24 May 2026

## Extra Sessions | 23m | 0.85m

**14 April** 10.45 - 13.30 (1.28m)

**15 April** 14.00 - 15.00

**22 April** 13.00 - 14.00 | Members Only  
14.00 - 15.00

**24 April** 14.00 - 15.00

**6 May** 13.00 - 14.00 | Members Only  
14.00 - 15.00

**13 May** 13.00 - 14.00 | Members Only

## No Sessions:

**19 April** | 50m | 17.00 - 19.00

**10 May** | 50 m | No swims until 19.00

**23 May** | 23m and 25m | No 12.30 - 13.30

## 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 Members, 3 lanes, 0.85m  
11.30 - 12.30 0.85m  
14.45 - 15.45 1.28m  
19.00 - 20.30 1.28m

09.30 - 10.30  
10.30 - 11.30 Members, 4 Lanes  
11.30 - 13.00  
13.00 - 15.00 Members, 4 Lanes  
15.00 - 16.00  
16.00 - 17.00 Members, 2 Lanes  
18.30 - 19.30

07.00 - 08.00 Members  
08.00 - 09.00

**Tuesday**

07.00 - 08.00 1.28m  
08.00 - 09.45 1.28m  
09.45 - 10.45 Members, half pool, 1.28m  
12.00 - 13.30 1.28m  
13.30 - 14.00 Express Aqua

07.00 - 08.00 Members  
08.00 - 10.30  
10.30 - 11.30 Members, 4 lanes  
11.30 - 13.30

19.30 - 21.00 Members, 2 lanes  
21.00 - 22.00

**Wednesday**

12.00 - 12.45 Aquafit  
15.00 - 16.00 0.85m  
19.15 - 22.00 1.28m

12.00 - 13.00  
13.00 - 14.00 Members, 4 lanes  
14.00 - 16.00 4 lanes  
16.00 - 17.00 Members, 2 lanes  
20.30 - 22.00

07.30 - 09.30

**Thursday**

07.00 - 08.30 1.28m  
12.00 - 13.30 1.28m

07.00 - 08.30  
12.00 - 13.00  
13.00 - 14.00 Member, 4 lanes

19.00 - 20.00

**Friday**

07.00 - 09.00 1.28m  
12.00 - 13.00 Over 65, 1.28m  
14.00 - 16.00 Members, half pool, 0.85m

07.30 - 09.00  
12.00 - 13.00  
13.00 - 14.00 Members, 4 lanes  
14.00 - 16.00  
16.00 - 18.00 Members, 2 lanes  
18.00 - 19.00

No Session

**Saturday**

11.30 - 13.30 Half pool, 1.28m

09.00 - 12.30 3 Lanes  
12.30 - 13.30

No Session

**Sunday**

12.00 - 13.30 Fun Splash, 0.85m  
15.00 - 16.30 1.28m

09.00 - 12.00 4 lanes  
12.00 - 13.30

17.00 - 19.00 4 lanes  
19.00 - 21.00 Members, 2 lanes

\*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".  
Please see the reverse side for additional sessions.