



Oundle School
**SPORTS
CENTRE**

Swimming Timetable

29 June to 12 July

Extra Sessions | 23m | 0.85m
1 July | 13.00 - 16.00

No Sessions:

5 July | 23m | 15.00 - 16.30

12 July | 50 m | 17.00 - 19.00

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 - 13.00 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
18.00 - 19.30

07.00 - 08.00 Members Only
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
14.30 - 16.00

Wednesday

10.00 - 12.00 0.85m
12.00 - 12.45 Aquafit
19.15 - 22.00 1.28m

10.00 - 13.00
13.00 - 14.00 Members, 4 lanes
14.00 - 16.00
16.00 - 19.00 Members, 2 lanes
20.30 - 22.00

07.00 - 09.30

Thursday

07.00 - 13.00 1.28m
1.28m

07.00 - 13.00
13.00 - 14.00 Members, 4 lanes
14.00 - 18.00

18.30 - 20.00

Friday

12.00 - 13.00 Over 65, 1.28m
14.00 - 16.00 Members, 3 lanes
0.85m

09.30 - 10.30
10.30 - 13.00
13.00 - 14.00 Members, 4 lanes
14.00 - 16.00
16.00 - 18.00 Members, 2 lanes
18.00 - 19.00

07.00 - 08.00 Members Only
08.00 - 09.00

Saturday

11.30 - 13.30 Half pool, 0.85m

09.00 - 12.30 2 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
15.00 - 16.30

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 and exceptions