



Oundle School
**SPORTS
CENTRE**

Swimming Timetable

29 June to 12 July

Extra Sessions

1 July | 13.00 - 16.00 | 23m | 0.85m
5 July | 13.30 - 14.15 | 23m | Fun Splash
5 July | 13.30 - 15.00 | 25m

5 July | 1.00 - 19.00 | 50m
7 July | 14.30 - 16.00 | 50 m
12 July | 15.00 - 16.30 | 23m | 1.28m

Open Play Water Polo

29 June, 6 & 13 July | 20.30 - 22.00

£4 for members, £5 non-members

No experience needed - bring your friends and learn to play water polo!

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 - 18.00 Members, 2 Lanes 18.00 - 19.30	07.00 - 08.00 Members Only 08.00 - 09.00
Tuesday	07.00 - 08.00 Members, 1.28m 08.00 - 09.45 1.28m 09.45 - 10.45 Members, 1.28m 12.00 - 13.30 1.28m 13.30 - 14.00 Express Aqua	07.00 - 08.00 Members Only 08.00 - 10.30 10.30 - 11.30 Members Only, 4 lanes 11.30 - 13.30	19.30 - 21.00 Members, 2 lanes 21.00 - 22.00
Wednesday	10.00 - 12.00 1.28m 12.00 - 12.45 Aquafit 18.00 - 19.00 Members, 3 lanes, 0.85m 19.15 - 22.00 1.28m	10.00 - 13.00 13.00 - 14.00 Members Only, 4 lanes 14.00 - 16.00 16.00 - 19.00 Members Only, 2 lanes 20.30 - 22.00	07.00 - 09.30
Thursday	07.00 - 12.00 1.28m 12.00 - 13.00 Members Only, 1.28m	07.00 - 13.00 13.00 - 14.00 Members Only, 4 lanes 14.00 - 18.00	18.30 - 20.00
Friday	10.30 - 12.00 1.28m 12.00 - 13.00 Over 65, 1.28m* 14.00 - 16.00 0.85m*	09.30 - 10.30 Members Only, 4 lanes 10.30 - 13.00 13.00 - 14.00 Members Only, 4 lanes 14.00 - 16.00 16.00 - 18.00 Members Only, 2 lanes 18.00 - 19.00	07.00 - 08.00 Members Only 08.00-09.00
Saturday	11.30 - 13.30 Members, 4 lanes, 0.85m	09.00 - 12.30 Members Only, 2 Lanes 12.30 - 13.30	No Session
Sunday	12.00 - 13.30 Fun Splash, 0.85m	09.00 - 12.00 Members Only, 4 lanes 12.00 - 13.30 15.00 - 16.30	19.00 - 21.00 Members Only, 2 lanes

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

**Fun Splash session places must be booked through reception in advance. Two sessions available : 12.00 - 12.45 and 12.45 - 13.30.

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

Please see the reverse side for additional sessions and exceptions