



Oundle School  
**SPORTS  
CENTRE**

# Swimming Timetable

*27 July - 2 August*

## 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<br>0.85m & 1.28m depth                                                                                                                                                              | 25 m<br>2m depth                                                                                 | 50 m<br>2m depth                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| 27<br>Monday                                                                                                                                                                                                                                                                                                                      | 10.00 - 12.00    Members, ½ pool, 0.85m<br>12.30 - 14.00    ½ pool, 1.28m<br>18.15 - 21.30    1.28m                                                                                      | 10.00 - 12.00    Members Only<br>12.00 - 17.00<br>17.00 - 19.30    Members Only<br>20.30 - 21.30 | 07.00 - 08.00    Members Only<br>08.00 - 09.30                     |
| 28<br>Tuesday                                                                                                                                                                                                                                                                                                                     | 07.00 - 08.00    Members, 1.28m<br>08.00 - 09.30    1.28m<br>09.45 - 12.00    Members, 0.85m<br>12.15 - 13.00    Fun Splash**<br>13.15 - 14.00    Fun Splash**<br>18.00 - 19.00    1.28m | 07.00 - 08.00    Members Only<br>08.00 - 09.30<br>09.30 - 12.00    Members Only<br>12.00 - 19.00 | 19.30 - 21.00    Members Only, 2 lanes<br>21.00 - 22.00            |
| 29<br>Wednesday                                                                                                                                                                                                                                                                                                                   | 09.00 - 11.45    Members, ½ pool, 0.85m<br>12.00 - 12.45    Aquafit<br>12.45 - 14.15    1.28m<br>16.00 - 19.00    1.28m<br>19.00 - 20.00    Members, 1.28m<br>20.00 - 22.00    1.28m     | 09.00 - 12.00    Members Only<br>12.00 - 19.00<br>20.30 - 22.00                                  | 07.00 - 08.30                                                      |
| 30<br>Thursday                                                                                                                                                                                                                                                                                                                    | 07.00 - 08.15    1.28m<br>08.30 - 12.30    ½ pool, 0.85m<br>12.30 - 14.30    Members, 0.85m, 3 lanes<br>16.30 - 19.30    0.85m                                                           | 07.00 - 12.30<br>12.30 - 15.30    Members Only<br>15.30 - 19.30                                  | No Session                                                         |
| 31<br>Friday                                                                                                                                                                                                                                                                                                                      | 09.00 - 10.00    Members, ½ pool, 0.85m<br>11.00 - 13.00    0.85m<br>13.00 - 15.00    Members, 3 lanes, 0.85m<br>15.00 - 17.30    0.85m<br>17.45 - 19.00    1.28m                        | 09.00 - 11.00    Members Only<br>11.00 - 13.00<br>13.00 - 15.00    Members Only<br>15.00 - 19.00 | 07.00 - 08.30    Members Only                                      |
| 1<br>Saturday                                                                                                                                                                                                                                                                                                                     | 09.00 - 11.00    Members, ½ pool, 1.28m<br>11.00 - 13.00    ½ pool, 1.28m                                                                                                                | 09.00 - 11.00    Members, 4 Lanes<br>11.00 - 13.00    4 lanes                                    | No Session                                                         |
| 2<br>Sunday                                                                                                                                                                                                                                                                                                                       | 08.00 - 10.45    Members, 1.28m<br>11.00 - 11.45    Fun Splash, 0.85m**<br>11.45 - 12.30    Fun Splash, 0.85m**<br>12.30 - 13.15    Fun Splash, 0.85m**                                  | 08.00 - 11.00    Members Only<br>11.00 - 13.15                                                   | 17.00 - 19.00    4 lanes<br>19.00 - 21.00    Members Only, 2 lanes |
| <div>*Over 65 Session swimmers must pre-book with reception.</div> <div>**Fun Splash session places must be booked through reception in advance.</div> <div>Non-members can swim in any sessions that are <b>NOT</b> labelled “Members Only”.</div> <div>Please see the reverse side for additional sessions and exceptions</div> |                                                                                                                                                                                          |                                                                                                  |                                                                    |