



Oundle School
**SPORTS
CENTRE**

Swimming Timetable

7 September – 18 October

Exclusions

8 September | No swims until 10.30

24 September | 12.45 - 13.45 | 25m

4 October | 15.00 - 16.30 | 25m & 23m

Additional Sessions

16 September | 12.00 - 13.00 | 25m

30 September | 12.00 - 13.00 | 25m

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	08.30 - 09.30 0.85m 09.30 - 10.30 Members, 3 lanes, 0.85m 10.30 - 13.00 0.85m 14.00 - 15.45 1.28m 19.00 - 20.30 1.28m	10.00 - 13.00 13.00 - 14.00 Members Only, 4 lanes 14.00 - 16.00 16.00 - 17.00 Members Only, 2 lanes 18.30 - 19.30	07.00 - 08.00 Members Only
Tuesday	07.00 - 08.30 Members Only, 1.28m 08.30 - 09.45 1.28m 09.45 - 10.45 Members, ½ pool, 1.28m 10.45 - 13.30 1.28m 13.30 - 14.00 Express Aquafit	07.00 - 08.30 Members Only 11.00 - 12.45 12.45 - 13.45 Members Only	19.30 - 21.00 Members, 2 lanes 21.00 - 22.00
Wednesday	12.00 - 12.45 Aquafit 14.00 - 15.30 0.85m 19.30 - 22.00 1.28m	13.00 - 14.00 Members Only, 4 lanes 14.00 - 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 - 12.45 Members, 1.28m 12.45 - 13.45 1.28m	07.00 - 08.30 12.00 - 12.45 Members Only 12.45 - 13.45	19.00 - 20.00
Friday	07.00 - 09.15 1.28m 12.00 - 13.00 Over 65s 13.00 - 14.00 1.28m 14.15 - 16.00 Members, 4 lanes, 0.85m	07.30 - 09.30 12.00 - 13.00 13.00 - 14.00 Members Only 14.00 - 16.00 16.00 - 18.00 Members Only, 2 lanes 18.00 - 19.00 4 lanes	No Session
Saturday	12.00 - 13.00 ½ pool, 0.85m	09.00 - 12.00 Members Only, 2 lanes 12.00 - 13.00 4 lanes	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 Members Only, 4 lanes 12.00 - 13.30 15.00 - 16.30	17.00 - 19.00 4 lanes 19.00 - 21.00 Members Only, 3 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.