Oundle School SPORTS CENTRE

Swimming Timetable

16 November – 13 December

Additional Sessions

18 November: 08.30 - 10.00 | 23m & 25m
7 December: 13.00 - 14.00 | 23m

Exclusions

24 November: 12.00 - 13.00 | 25m
4 December: 16.00 - 18.00 | 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 are not suitable for non-swimmers

Please note: there will be occasions during the pool sessions when 1:1 swimming lessons will be taking place.

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	23 m | 0.85m & 1.28m depth		25 m | 2m depth	
Monday	07.00 - 09.30	Members Only, 1.28m	07:00 - 08.00	
	09.30 - 10.30	Members Only, 3 lanes, 1.28m	10.00 - 13.00	
	10.30 - 13.00	0.85m	13.00 - 14.00	Members Only, 4 lanes
	14.00 - 15.45	1.28m	14.00 - 16.00	
	19.00 - 20.30	0.85m	16.00 - 17.00	Members Only, 2 lanes
			18.30 - 19.30	
Tuesday	07.00 - 08.30	Members Only, 1.28m	07.00 - 08.30	Members Only
	08.30 - 09.45	1.28m	10.00 - 12.00	
	09.45 - 10.45	Members Only, ½ pool, 1.28m	12.00 - 13.45*	Members Only
	10.45 - 13.30	1.28m	21.00 - 22.00	
	13.30 - 14.00	Express Aquafit		
	19.0 - 22.00	1.28m		
Wednesday	07.30 - 08.30	1.28m	07.30 - 08.30	
	12.00 - 12.45	Aquafit	12.00 - 13.00	
	14.00 - 15.30	0.85m	13.00 - 14.00	Members Only, 4 lanes
	19.30 - 22.00	1.28m	14.00 - 16.00	
			16.00 - 17.00	Members Only, 2 Lanes
			20.30 - 22.00	
Thursday	07.00 - 08.30	1.28m	07.00 - 08.30	
	12.00 - 12.45	Members Only, 1.28m	12.00 - 12.45	Members Only
	12.45 - 13.45	0.85m	12.45 - 13.45	
	19.00 - 20.00	1.28m	19.00 - 20.00	
Friday	07.00 - 09.15	1.28m	07.30 - 09.30	
	12.00 - 13.00	Over 65s¬, 1.28m	13.00 - 14.00	Members Only, 4 lanes
	14.00 - 16.00	Members Only, 4 lanes, 0.85m	14.00 - 16.00	
			16.00 - 18.00*	Members Only, 2 lanes
			18.00 - 19.00	4 lanes
Sat	12.00 - 13.00	3 Lanes, 0.85m	09.00 - 12.00	2 lanes
			12.00 - 13.00	4 lanes
Sunday	12.00 - 13.30	Fun Splash, 0.85**	09.00 - 12.00	Members Only, 4 lanes
	15.00 - 16.30	1.28m	12.00 - 13.30	
			15.00 - 16.30	

¬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.**