Oundle School SPORTS CENTRE

Swimming Timetable

updated schedule
11 – 15 November

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.

Never miss a session, update, or swim again.

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	23 m | 0.85m & 1.28m depth		25 m | 2m depth	
Wednesday	07.30 - 08.30	1.28m	07.30 - 08.30	
	12.00 - 12.45	Aquafit	12.00 - 13.00	
	14.00 - 15.30	Lane Swimming, 1.28m	13.00 - 14.00	Members Only, 4 lanes
	19.30 - 22.00	1.28m	14.00 - 16.00	5 lanes
			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	1.28m	12.45 - 13.45	
	19.00 - 20.00	Lane Swimming, 1.28m	19.00 - 20.00	Members Only
Friday	07.00 - 09.15	1.28m	07.30 - 09.30	
	12.00 - 13.00	Over 65s*	12.00 - 13.00	
	14.00 - 16.00	Members Only, ½ pool, 0.85m	13.00 - 14.00	Members Only, 4 lanes
			14.00 - 16.00	5 lanes
			16.00 - 18.00	Members Only, 2 lanes
			18.00 - 19.00	4 lanes
Saturday	12.00 - 13.00	½ pool, 0.85m	09.00 - 12.00	Members Only, 2 lanes
			12.00 - 13.00	4 lanes
Sunday	12.00 - 12.45	Fun Splash, 0.85m**	09.00 - 12.00	Members Only
	12.45 - 13.30	Fun Splash, 0.85m**	12.00 - 13.30	
	15.00 - 16.30	1.28m	15.00 - 16.30	
			17.00 - 19.00	4 lanes
			19.00 - 21.00	Members Only, 2 lanes

Please accept our apologies for the changes in the timetable. Thank you for your patience while we complete emergency repairs to our pool. Please keep an eye on our page while we work to restore normal service as quickly as possible.

*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.