

swimming pool programme

Splash Leisure Pool (Rushden)

Accurate as of 21/05/2026

Times for Monday 15 September



Time	Session	Facility	Level
6:30 am - 7:30 am	Lane Swimming	main pool	
7:30 am - 9:00 am	Open Swim	main pool	
9:00 am - 10:30 am	Adult Swim	main pool	
10:30 am - 12:00 pm	Open Swim	main pool	
12:00 pm - 1:00 pm	Adult Lessons	main pool	
12:00 pm - 2:00 pm	Lane Swimming	main pool	
2:00 pm - 3:45 pm	Open Swim	main pool	
3:30 pm - 7:00 pm	Swim School	main pool	
7:00 pm - 8:00 pm	Open Swim	main pool	
7:00 pm - 8:00 pm	Swim Club	main pool	
8:00 pm - 10:00 pm	Swim Club	main pool	