

swimming pool programme

Splash Leisure Pool (Rushden)

Accurate as of 21/05/2026

Times for Wednesday 17 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	
9:30 am - 10:30 am	School Swimming	main pool	
10:45 am - 11:30 am	Aqua Aerobics	main pool	
10:45 am - 11:30 am	Little Splashers	teaching pool	
11:30 am - 2:00 pm	Lane Swimming	main pool	
12:30 pm - 1:30 pm	Swim School	teaching pool	
2:00 pm - 3:45 pm	Open Swim	main pool	
3:30 pm - 8:00 pm	Swim School	main pool	
7:00 pm - 8:00 pm	Swim Club	main pool	
8:00 pm - 8:30 pm	Adult Lessons	teaching pool	
8:00 pm - 9:00 pm	Open Swim	main pool	
9:00 pm - 10:00 pm	Lane Swimming	main pool	