

swimming pool programme

Splash Leisure Pool (Rushden)

Accurate as of 20/05/2026

Times for Monday 4 May



Time	Session	Facility	Level
7:00 am - 8:00 am	Lane Swimming	main pool	
8:00 am - 9:00 am	Open Swim	main pool	
9:00 am - 10:30 am	Adult Swim	main pool	
10:45 am - 11:30 am	Aqua Aerobics	main pool	
11:30 am - 1:30 pm	Lane Swimming	main pool	
12:00 pm - 1:00 pm	Adult Lessons	main pool	
1:30 pm - 3:00 pm	Open Swim	main pool	
3:00 pm - 3:45 pm	Open Swim	main pool	
4:00 pm - 7:00 pm	Swim School	main pool	
7:00 pm - 8:00 pm	Open Swim	main pool	
8:00 pm - 10:00 pm	Swim Club	main pool	