

# Pool Timetable Sessions

## Oulder Hill Leisure Complex

Accurate as of 24/04/2026

### Times for Thursday 26 March



Time	Session	Facility	# Lanes
06:30 - 09:00	Adult Only	Large Pool (25m)	5
09:00 - 12:00	School Swimming Lessons	Large Pool (25m)	
12:00 - 13:00	Members Only	Large Pool (25m)	5
13:00 - 15:00	School Swimming Lessons	Large Pool (25m)	
15:00 - 16:00	Public Swim	Large Pool (25m)	5
16:00 - 18:30	Dolphin Academy	Large Pool (25m)	5
18:00 - 19:00	Public Swim	Small Pool (12m)	
18:30 - 19:15	Aqua Zumba	Large Pool (25m)	5
19:30 - 21:00	Rochdale Snorkelling and Underwater Hockey Club	Large Pool (25m)	5
21:00 - 22:00	Adult Only	Large Pool (25m)	5