

# Pool Timetable Sessions

## Oulder Hill Leisure Complex

Accurate as of 24/04/2026

### Times for Monday 30 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
15:00 - 16:00	Public Swim	Large Pool (25m)	5
15:00 - 16:00	Public Swim	Small Pool (12m)	
16:30 - 17:30	Swim4U	Large Pool (25m)	5
17:30 - 19:00	Public Swim	Large Pool (25m)	5
17:30 - 20:00	Public Swim	Small Pool (12m)	
19:15 - 20:00	Aqua Zumba	Large Pool (25m)	5
20:00 - 22:00	Adult Only	Large Pool (25m)	5