

Pool Timetable Sessions

Oulder Hill Leisure Complex

Accurate as of 16/08/2026

Times for Thursday 20 August				
Time	Session	Facility	# Lanes	
06:30 - 09:00	Adult Only	Large Pool (25m)	5	
09:30 - 11:30	Public Swim	Large Pool (25m)	5	
10:00 - 11:30	Public Swim	Small Pool (12m)		
12:00 - 13:00	Members Only	Large Pool (25m)	5	
13:30 - 15:30	Public Swim	Large Pool (25m)	5	
13:30 - 15:30	Public Swim	Small Pool (12m)		
16:00 - 18:30	Dolphin Academy	Large Pool (25m)	5	
17:30 - 20:00	Public Swim	Small Pool (12m)		
18:30 - 19:30	Adult Only	Large Pool (25m)		
19:30 - 21:00	Rochdale Snorkelling and Underwater Hockey Club	Large Pool (25m)		
21:00 - 22:00	Adult Only	Large Pool (25m)	5	