

Pool Timetable Sessions

Oulder Hill Leisure Complex

Accurate as of 22/09/2026

Times for Monday 7 September				
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)	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	