

Pool Timetable Sessions

Oulder Hill Leisure Complex

Accurate as of 22/09/2026

Times for Thursday 10 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)		
15:00 - 16:00	Public Swim	Large Pool (25m)	5	
15:00 - 16:00	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 - 19:15	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	