**Oldham Leisure Centre**

**Main Pool Programme**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Lane Swim (8 lanes)</th>
<th>Public Swim (8 lanes)</th>
<th>Public Swim (5 lanes)</th>
<th>Public Swim (3 lanes)</th>
<th>Public Swim (2 lanes)</th>
<th>Public Swim (1 lane)</th>
<th>Public Swim (4 lanes)</th>
<th>Public Swim (6 lanes)</th>
<th>Public Swim (8 lanes)</th>
<th>Public Swim (8 lanes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>20-04-2020</td>
<td>07:00 - 09:30</td>
<td>07:00 - 08:45</td>
<td>07:00 - 09:00</td>
<td>07:00 - 09:00</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
</tr>
<tr>
<td>Tuesday</td>
<td>21-04-2020</td>
<td>06:30 - 07:00</td>
<td>06:30 - 07:00</td>
<td>06:30 - 07:00</td>
<td>06:30 - 07:00</td>
<td>06:30 - 07:00</td>
<td>06:30 - 07:00</td>
<td>06:30 - 07:00</td>
<td>06:30 - 07:00</td>
<td>06:30 - 07:00</td>
<td>06:30 - 07:00</td>
</tr>
<tr>
<td>Wednesday</td>
<td>22-04-2020</td>
<td>07:00 - 08:45</td>
<td>07:00 - 09:00</td>
<td>07:00 - 09:00</td>
<td>07:00 - 09:00</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
</tr>
<tr>
<td>Thursday</td>
<td>23-04-2020</td>
<td>07:00 - 09:30</td>
<td>07:00 - 09:00</td>
<td>07:00 - 09:00</td>
<td>07:00 - 09:00</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
</tr>
<tr>
<td>Friday</td>
<td>24-04-2020</td>
<td>07:00 - 09:30</td>
<td>07:00 - 09:00</td>
<td>07:00 - 09:00</td>
<td>07:00 - 09:00</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
</tr>
<tr>
<td>Saturday</td>
<td>25-04-2020</td>
<td>07:00 - 09:30</td>
<td>07:00 - 09:00</td>
<td>07:00 - 09:00</td>
<td>07:00 - 09:00</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
</tr>
<tr>
<td>Sunday</td>
<td>26-04-2020</td>
<td>07:00 - 09:30</td>
<td>07:00 - 09:00</td>
<td>07:00 - 09:00</td>
<td>07:00 - 09:00</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
<td>07:00 - 08:45</td>
</tr>
</tbody>
</table>

**Key**

- Public Sessions
- Specialist Sessions
- Classes
- Oldham Active Swimming Lessons
- Education Sessions
- Pool Party Hire and Private Bookings

**Active Plus**

**member, did you know?**

You can upgrade your membership to Active Premium and take advantage of Pool Sessions across all centres.

**Simply call 0161 207 7000 or visit us in centre to upgrade.**

Please note that sessions may be subject to change as notified within centre and on our website at [www.oclactive.co.uk](http://www.oclactive.co.uk).

The pool is sometimes shared when sessions overlap with one or more lanes available where possible. Lane ropes may be used to section the pool.
Our pool activities offer a wide range of water-based sessions.

From Parent & Baby and Family Swim to Members Only and Female Plus sessions, there is something for everyone.

**Parent & Baby**
Enjoy songs and games to introduce your baby to water, building confidence and a close relationship between parent and baby.

**Public Swim**
A session suitable for all, whether you want to have fun with friends, or simply swim alone for fitness with one lane available where possible.

**Splash Session**
A variety of inflatables, floats and toys are available for all children to enhance their swimming experience.

**Family Swim**
Combining the fun of swimming with spending quality time together, this session is specifically aimed at families.

**Women Only**
This session is for females only who are aged 8 years and over.

**Female Plus**
A session for females of all ages plus pre-school males who are aged 4 years or under.

Oldham Leisure Centre, Middleton Road, Oldham, OL9 6AF
Tel: 0161 207 7000 or visit www.oclactive.co.uk