



FACILITY TIMETABLE FROM JANUARY 2024

Swimming Pool Timetable (Term Time)

	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
Monday	07.00-09.00	09.00-09.45	09.45-12.00		12.00-13.30		13.30-14.30	14.30-16.00	16.00-19.30				19.30-21.00 Swim Fit	21.00-22.00		
Tuesday	07.00-09.00	Parent/Child*	10.00-11.00	11.00-12.30	12.30-13.30	13.30-14.30	14.30-17.30				17.30-19.30		19.30-21.00	21.00-22.00		
Wednesday	07.00-09.00	09.00-09.45	09.45-12.00		12.00-13.30		13.30-14.30	14.30-16.00	16.00-19.00				19.00-21.00	21.00-22.00		
Thursday	07.00-09.00	Aqua	10.00-11.00	11.00-12.30	12.30-13.30	13.30-14.30	14.30-17.30				17.30-19.30		19.30-21.00	21.00-22.00		
Friday	07.00-09.00	Aqua	10.00-12.00		12.00-13.30		13.30-14.30	14.30-16.00	16.00-18.00		18.00-20.00		20.00-22.00			
Saturday		08.00-09.00	09.00-12.30				12.30-13.30		14.00-18.00							
Sunday		08.00-09.00	09.00-13.00				13.00-14.30			Fun Splash	16.00-17.00		17.30-19.30			

Swimming Pool Timetable (Holiday Time)

	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00		
Monday	07.00-09.00		09.00-09.45		10.00-12.00		12.00-13.30			Fun Splash		Inflatable		17.00-18.00	18.00-21.00		Swim Fit	21.00-22.00
Tuesday	07.00-09.00		Parent/Child*		10.00-12.00		12.00-13.30			Fun Splash		Family Swim		17.30-19.30		19.30-21.00	21.00-22.00	
Wednesday	07.00-09.00		09.00-09.45		10.00-12.00		12.00-13.30			Fun Splash		Inflatable		17.00-18.00	18.00-21.00		19.30-21.00	21.00-22.00
Thursday	07.00-09.00		Aqua		10.00-12.00		12.00-13.30			Fun Splash		Family Swim		17.30-19.30		19.30-21.00	21.00-22.00	
Friday	07.00-09.00		Aqua		10.00-12.00		12.00-13.30			Fun Splash		Fun Splash		17.00-18.00	18.00-20.00			
Saturday		08.00-09.30	09.30-10.30			Family Swim	12.00-13.00	13.00-14.00										
Sunday		08.00-09.30	09.30-10.30			Family Swim	12.00-13.00	13.00-14.30		Fun Splash	16.00-17.00	17.30-19.30						

■ Members
 ■ Public, F/S Fun Splash, Family Swim, Parent & Child Swim - under 5s
 ■ Swim School
 ■ Party Hire
 ■ External Hire
 ■ Uppingham School
 ■ Primary Schools
 ■ Aqua
 ■ Centre Closed

See back page for Term Time and Holiday Time dates

Fitness Studio Timetable

	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
Monday								07.00-14.00								17.30-22.00
Tuesday								07.00-14.00								17.30-22.00
Wednesday								07.00-14.00								17.30-22.00
Thursday								07.00-14.00								17.30-22.00
Friday								07.00-14.00					17.30-20.00			
Saturday								08.00-14.00								
Sunday																08.00-20.00



Available in alternative formats on request

Please find enclosed information for facility access at USSC. Below are a list of other facilities and activities available at the centre. Should you require any further information please contact reception.

Opening Hours

Monday	07.00 – 22.00hrs
Tuesday	07.00 – 22.00hrs
Wednesday	07.00 – 22.00hrs
Thursday	07.00 – 22.00hrs
Friday	07.00 – 20.00hrs
Saturday	08.00 – 14.00hrs
Sunday	08.00 – 20.00hrs

Classes, Courses and Pricing

A variety of exercise classes and courses are available throughout the year. Our facilities are also available to hire. Visit our website or contact us for more information.

Fitness classes and courts can be booked online via our website.

For all pricing and access information please refer to our website or at reception.



To book a class using our new booking system and app

Online by visiting www.ussc.uppingham.co.uk
Download and use the 'iScuba' app selecting 'Uppingham School Sports Centre'.

Table Tennis, Badminton and Squash Courts

All courts can be booked through reception during our normal opening hours.

Tennis

Tennis courts will be available from 30th March to the start of the autumn term.

Restrictions

The centre will be closed on Friday 28th June (Speech Day)

Bank Holidays

The centre will be open 08:00-14:00 on bank holidays with the exception of Monday 6th May when normal opening hours will apply. For specific activity information on bank holidays please check at reception and on the website.

Term Dates

The holiday timetable will be used between the following dates:

19th February – 25th February

25th March – 7th April

27th May – 2nd June

22nd July – 25th August

Accessibility

Please visit our website via the following link to view our accessible facilities and services we provide. All our members and pay and play sessions provide equal access to all.
www.sportscentre.uppingham.co.uk/Accessibility

For information about membership please contact:
Uppingham School Sports Centre, Leicester Road, Uppingham, Rutland LE15 9SE
www.sportscentre.uppingham.co.uk ussc@uppingham.co.uk 01572 820830

For details of our Terms and Conditions please visit our website.

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