

## 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

Classes can be booked by using our online booking system or app. Visit <https://ussc.uppingham.co.uk/stellar2/start.php> or download the 'iScuba' app from the app or google play store.

### 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. For specific activity information on banks holidays please check at reception and on the website.

### Term Dates

The holiday timetable will be used between the following dates:  
22nd July – 25th August  
21st October – 3rd November  
16th December – 5th January 2025

### 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](http://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](http://www.sportscentre.uppingham.co.uk) [ussc@uppingham.co.uk](mailto:ussc@uppingham.co.uk) 01572 820830

For details of our Terms and Conditions please visit our website.  
Follow us: [f](#) [t](#) [i](#) @\_ussc

## FACILITY TIMETABLE FROM JULY 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	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	Aqua	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	09:00-09:45	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				
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		Holiday Camp	Fun Splash	Family Swim	17:00-18:00		18:00-21:00		21:00-22:00	
Tuesday		07:00-09:00	Parent/Child*	10:00-12:00		12:00-13:30		Holiday Camp	Fun Splash	Inflatable		17:30-19:30		19:30-21:00	21:00-22:00	
Wednesday		07:00-09:00	Aqua	10:00-12:00		12:00-13:30		Holiday Camp	Fun Splash	Family Swim	17:00-18:00	18:00-21:00		19:30-21:00	21:00-22:00	
Thursday		07:00-09:00	09:00-09:45	10:00-12:00		12:00-13:30		Holiday Camp	Fun Splash	Inflatable		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		Holiday Camp	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 
 ■ Holiday Camp 
 ■ 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					07:00-14:30										17:30-22:00	
Tuesday					07:00-14:30										18:00-22:00	
Wednesday					07:00-14:30										17:30-22:00	
Thursday					07:00-14:30										18:00-22:00	
Friday					07:00-14:30								17:30-20:00			
Saturday					08:00-14:00											
Sunday								08:00-20:00								

