

Swimming Pool Timetable (TermTime) From 1st June 2026

	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00
Monday	Lane Swim 06:30 - 09:00					Public 09:00 - 09:45	Uppingham School					Lane Swim 12:00 - 13:30		Primary School	Uppingham School			Swim School						Public 19:30 - 20:30	Uppingham School Public Swim 20:30 - 21:30					
Tuesday	Lane Swim 06:30 - 09:00					Aqua	Primary School	Uppingham School			Lane Swim 12:30 13:30		Public 13:30 - 14:30	Uppingham School					External Hire			Public 19:30 - 21:30								
Wednesday	Lane Swim 06:30 - 09:00					Parent & Child 09:00 - 09:45	Uppingham School					Lane Swim 12:00 - 13:30		Primary School	Uppingham School			Swim School						Public 19:30 - 21:30	External Hire	Uppingham School				
Thursday	Lane Swim 06:30 - 09:00					Aqua	Swim School			Lane Swim 11:30 13:00		Public 13:00 - 14:30		Uppingham School					External Hire			Public 19:30 - 21:30								
Friday	Lane Swim 06:30 - 09:00					Public 09:00 - 09:45	Uppingham School					Lane Swim 12:00 - 13:30		Primary School	Uppingham School			Swim School		External Hire	Public 18:30 - 21:00									
Saturday					Lane Swim 08:00 - 09:00	Swim School						Public 12:30 14:00		Uppingham School																
Sunday					Lane Swim 08:00 - 09:00	Swim School						Public 09:00 - 13:00		Party Hire			Fun Splash 15:00 - 16:00	Lane Swim 16:00 - 17:00		External Hire										

Fitness Studio Timetable

	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	
Monday	06:30 - 14:00																					17:30 - 21:30									
Tuesday	06:30 - 14:00																					17:30 - 21:30									
Wednesday	06:30 - 14:00																					17:30 - 21:30									
Thursday	06:30 - 14:00																					17:30 - 21:30									
Friday	06:30 - 14:00																					17:30 - 21:30									
Saturday						08:00 - 14:00																									
Sunday						08:00 - 20:00																									