

Oldham Pool Programme

Monday 20th July – 28th August 2026

Please note that the Oldham Active pool timetables are subject to change at short notice.
We recommend calling 0161 207 7000 before your visit.

Session	Session Description
Public Swim	This session is suitable for all ages and abilities. *
Fun Swim	Ideal for children of any age. It is a fun based session in which a variety of floats and toys are available for people to use.
Family Swim	Ideal for families who want to spend some quality pool water time together in a friendly, safe environment.* For groups of adults and children. Children must be supervised by parent/guardian (18 years plus) must attend. Must provide own float aids. Toys suitable for infants and babies available in small pool. Main pool own toys permitted in line with admin policy.
Female Only Family Swim	This is a specialised session for females of any age. Males aged 8 and above are not allowed to attend this session.*
Female Only Swim	This is a specialised session for females who are aged 8 & over. No males of any age are allowed in this session.
Male Only Swim	This is a specialised session for males who are aged 8 & over. No females of any age are allowed in this session.
Lane Swim	Ideal for all swimmers aged 8yrs+. All swimmers must be able to complete two continuous lengths of the pool unaided. If a lifeguard deems that you're unable to meet this requirement, you may be asked to leave the pool and will be advised on a more suitable session.
Adult Lane Swim	Adult only lane swim. All swimmers must be able to complete two continuous lengths of the pool unaided. If a lifeguard deems that you're unable to meet this requirement, you may be asked to leave the pool and will be advised on a more suitable session.

Day	Time	Session	Pool	Lanes
Monday	06:30 - 09:30	Adult Lane Swim	Main Pool	8
Monday	9:45 - 10:45	Public Swim	Main Pool	5
Monday	11:00 - 12:00	Family Swim	Main Pool	5
Monday	12:00 - 13:00	Lane Swim	Main Pool	8
Monday	13:15 - 14:30	Public Swim	Main Pool	5
Monday	14:45-15:45	Lane Swim	Main Pool	6
Monday	14:45 - 18:00	Lane Swim	Main Pool	2
Monday	16:00-18:00	Family Swim	Main Pool	2
Monday	18:15-21:00	Adult Lane Swim	Main Pool	1
Tuesday	06:00 - 09:30	Adult Lane Swim	Main Pool	8
Tuesday	09:30 - 11:15	Public Swim	Main Pool	5
Tuesday	12:30 - 13:30	Lane Swim	Main Pool	5
Tuesday	13:30 - 15:00	Family Swim	Main Pool	5
Tuesday	15:00 - 16:00	Famly Swim	Main Pool	8
Tuesday	16:00 - 20:00	Lane Swim	Main Pool	2
Tuesday	20:00 - 21:00	Adult Lane Swim	Main Pool	2
Wednesday	06:30 - 09:00	Adult Lane Swim	Main Pool	8
Wednesday	09:00 - 10:00	Public Swim	Main Pool	5
Wednesday	11:00 - 12:00	Family Swim	Main Pool	5
Wednesday	12:00 - 14:00	Lane Swim	Main Pool	5
Wednesday	14:00 - 15:00	Public Swim	Main Pool	8
Wednesday	15:15 - 16:00	Family Swim	Main Pool	6
Wednesday	15:15 - 17:00	Lane Swim	Main Pool	2
Wednesday	16:00 - 17:00	Family Swim	Main Pool	6
Wednesday	17:00 - 19:00	Public Swim	Main Pool	4
Wednesday	17:00 - 19:00	Lane Swim	Main Pool	4
Thursday	06:30 - 09:30	Adult Lane Swim	Main Pool	8
Thursday	09:30 -11:45	Public Swim	Main Pool	5
Thursday	12:00 - 13:00	Adult Lane Swim	Main Pool	8
Thursday	13:00 - 15:00	Family Swim	Main Pool	5
Thursday	15:00 - 15:45	Family Swim	Main Pool	8
Thursday	19:45 - 21:00	Adult Lane Swim	Main Pool	8
Friday	06:30 - 9:30	Adult Lane Swim	Main Pool	8
Friday	09:30 - 11:45	Public Swim	Main Pool	5
Friday	12:00 - 13:00	Adult Lane Swim	Main Pool	8

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Day	Time	Session	Pool	Lanes
Monday	10:00 - 11:00	Family Swim	Learner Pool	2
Monday	11:00 - 12:00	Family Swim	Learner Pool	2
Monday	12:00 - 13:00	Family Swim	Learner Pool	2
Monday	13:00 - 14:00	Family Swim	Learner Pool	2
Monday	14:00 - 15:00	Family Swim	Learner Pool	2
Monday	15:00 - 16:00	Family Swim	Learner Pool	2
Tuesday	9:00 - 09:45	Family Swim	Learner Pool	2
Tuesday	10:00 - 11:00	Family Swim	Learner Pool	2
Tuesday	11:15 - 12:15	Family Swim	Learner Pool	2
Tuesday	12:30 - 13:30	Family Swim	Learner Pool	2
Tuesday	14:00 - 15:00	Family Swim	Learner Pool	2
Tuesday	15:00 - 16:00	Family Swim	Learner Pool	2
Wednesday	14:00 - 15:00	Family Swim	Learner Pool	2
Wednesday	15:00 - 16:00	Family Swim	Learner Pool	2
Wednesday	16:00 - 17:00	Family Swim	Learner Pool	2
Wednesday	17:00 - 18:00	Family Swim	Learner Pool	2
Wednesday	18:00 - 19:00	Family Swim	Learner Pool	2
Thursday	10:00 - 11:00	Family Swim	Learner Pool	2
Thursday	11:00 - 12:00	Family Swim	Learner Pool	2
Thursday	12:00 - 13:00	Family Swim	Learner Pool	2
Thursday	13:00 - 14:00	Family Swim	Learner Pool	2
Thursday	14:00 - 15:00	Family Swim	Learner Pool	2
Friday	10:00 - 11:00	Family Swim	Learner Pool	2
Friday	11:00 - 12:00	Family Swim	Learner Pool	2
Friday	12:00 - 13:00	Family Swim	Learner Pool	2
Friday	13:00 - 14:00	Family Swim	Learner Pool	2
Friday	14:00 - 15:00	Family Swim	Learner Pool	2
Friday	15:00 - 16:00	Family Swim	Learner Pool	2
Saturday	13:15 - 14:00	Family Swim	Learner Pool	2
Saturday	14:15 - 15:00	Family Swim	Learner Pool	2
Sunday	08:30 - 09:30	Family Swim	Learner Pool	2
Sunday	09:45 - 10:45	Family Swim	Learner Pool	2
Sunday	11:00 - 12:00	Family Swim	Learner Pool	2
Sunday	12:15 - 13:15	Family Swim	Learner Pool	2
Sunday	13:30 - 14:30	Family Swim	Learner Pool	2
Sunday	14:45 - 15:45	Femail Only Swim	Learner Pool	2