

Saddleworth Pool Programme

Monday 20th July 2026 – Sunday 9th 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.

Pool Admission Policy applies (oldhamactive.co.uk/policy-governance).

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 directly supervised in the pool by parent/guardian (18 years plus). You must provide your own floatation aids.
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	06:00 - 09:00	Lane Swim	Main Pool	4
Monday	09:00 - 10:00	Adult Lane Swim	Main Pool	2
Monday	11:00 - 12:00	Public Swim	Main Pool	4
Monday	12:00 - 13:00	Adult Lane Swim	Main Pool	4
Monday	13:00 - 14:00	Public Swim	Main Pool	4
Monday	14:00 - 15:00	Family Swim	Main Pool	4
Monday	15:00 - 16:00	Lane Swim	Main Pool	4
Monday	16:00 - 17:45	Public Swim	Main Pool	3
Monday	16:00 - 17:45	Adult Lane Swim	Main Pool	1
Tuesday	06:00 - 09:00	Lane Swim	Main Pool	4
Tuesday	11:00 - 12:00	Public Swim	Main Pool	4
Tuesday	12:00 - 13:00	Adult Lane Swim	Main Pool	4
Tuesday	13:00 - 14:30	Family Swim	Main Pool	4
Tuesday	14:30 - 15:45	Public Swim	Main Pool	4
Tuesday	19:30 - 20:45	Lane Swim	Main Pool	4
Wednesday	06:00 - 09:00	Lane Swim	Main Pool	4
Wednesday	09:00 - 10:30	Family Swim	Main Pool	4
Wednesday	10:30 - 12:00	Public Swim	Main Pool	4
Wednesday	12:00 - 13:00	Adult Lane Swim	Main Pool	4
Wednesday	13:00 - 15:00	Public Swim	Main Pool	4
Wednesday	15:00 - 15:45	Lane Swim	Main Pool	4
Thursday	06:00 - 09:00	Lane Swim	Main Pool	4
Thursday	09:00 - 10:00	Public Swim	Main Pool	4
Thursday	11:00 - 12:00	Public Swim	Main Pool	4
Thursday	12:00 - 13:00	Adult Lane Swim	Main Pool	4
Thursday	13:00 - 14:30	Family Swim	Main Pool	4
Thursday	14:30 - 16:00	Lane Swim	Main Pool	4
Thursday	19:45 - 20:45	Lane Swim	Main Pool	4
Friday	06:00 - 09:00	Lane Swim	Main Pool	4
Friday	10:00 - 11:00	Family Swim	Main Pool	4
Friday	11:00 - 12:00	Public Swim	Main Pool	4
Friday	12:00 - 13:00	Adult Lane Swim	Main Pool	4
Friday	13:00 - 15:00	Public Swim	Main Pool	2
Friday	15:00 - 15:45	Lane Swim	Main Pool	2

[illegible]