



FACILITY TIMETABLE FROM APRIL 2019

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		07.00-09.45			Aqua		12.00-13.00	13.00-14.00						Aqua Deep 19.30-21.00		21.00-22.00
Tuesday		07.00-09.45					12.00-13.30	13.30-14.30						Swim Fit 19.00-21.00		21.00-22.00
Wednesday		07.00-09.45					12.00-13.30							19.00-21.00		21.00-22.00
Thursday		07.00-09.45			Aqua		12.00-13.30	13.30-14.30						19.00-21.00		21.00-22.00
Friday		07.00-09.45					12.00-13.00						17.45-20.00			
Saturday			08.00-10.30	Swim Fit			12.30-13.15	13.15-14.00								
Sunday		08.00-09.00								14.30-15.30	15.30-17.00 F/S		18.00-18.45	18.45-19.30		

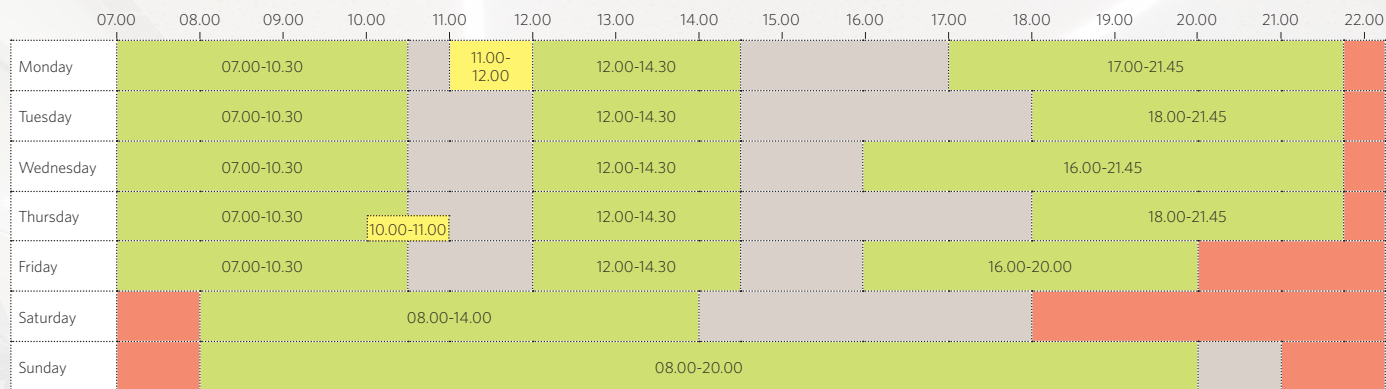
Swimming Pool Timetable (Holiday Time)

	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		07.00-09.45			Aqua		12.00-13.30	13.30-14.30	14.30-15.30 F/S	Inflatable 15.45-16.45				Aqua Deep 18.00-21.00		21.00-22.00
Tuesday		07.00-09.45					12.00-13.30	13.30-14.30	14.30-15.30 F/S					Swim Fit** 19.00-21.00		21.00-22.00
Wednesday		07.00-09.45					12.00-13.30	13.30-14.30	14.30-15.30 F/S	Inflatable 15.45-16.45			18.00-21.00		21.00-22.00	
Thursday		07.00-09.45			Aqua		12.00-13.30	13.30-14.30	14.30-15.30 F/S	Inflatable 15.45-16.45				20.00-21.00		21.00-22.00
Friday		07.00-09.45					12.00-13.30	13.30-14.30	14.30-15.30 F/S				17.45-20.00			
Saturday			08.00-10.30	Swim Fit			12.00-13.00	13.00-14.00								
Sunday		08.00-09.30	09.30-10.30				12.00-13.00			14.30-15.30	15.30-17.00 F/S		18.00-18.45	18.45-19.30		

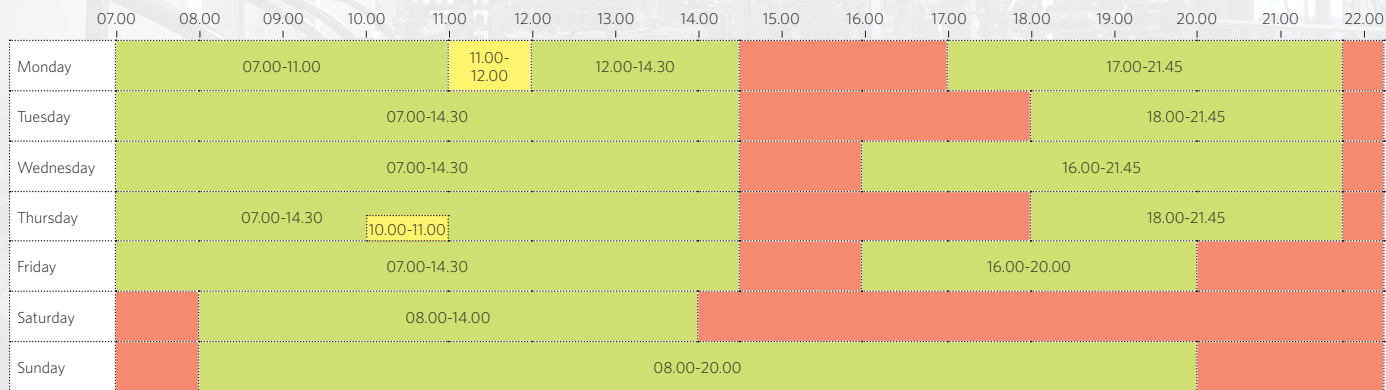
■ Members ■ Public (members access included) ■ Swim School ■ Aqua ■ Classes ■ School Activities/External Hire ■ Parties ■ Closed
 See back page for • Term Time and Holiday Time dates • **Swim Fit

F/S Fun Splash Session

Fitness Studio Timetable (Term Time)



Fitness Studio Timetable (Holiday Time)



■ Members
 ■ School Activities/External Hire
 ■ Health & Wellbeing
 ■ Closed

See back page for • Term Time and Holiday Time dates

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 – 22.00hrs
Saturday	08.00 – 14.00hrs
Sunday	08.00 – 20.00hrs

*During term time USSC is closed to the public on Tuesday and Thursday between 14.30 - 18.00.

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.

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

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.

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

Swimming Pool Exceptions

On a Wednesday morning 07.00-08.00 (during term time only) the members session will be a shared session and the whole pool will be set for rotational lane swimming only.

Private one to one swimming lessons and staff lifeguard training may use a lane in the pool during members and public swimming times.

Swim Fit is not instructor-led during the summer holiday (price reduction applied).

Restrictions

The Sports Centre will have restricted access on: 7th October 2018, 4th November 2018, 12th May 2019, 25th May 2019.

Bank Holidays

The Centre will be open 10.00 – 16.00 on Bank Holidays with the exception of Monday 6th May when normal operating hours will apply, and over the Christmas period. For specific activity information on Bank Holidays please check at Reception and the website.

Term Dates

The Holiday timetable will be used during the following periods:

Christmas

A temporary Christmas timetable will be in place Monday 24th to Tuesday 1st January 2019 inclusive, which will be available from Reception and the website in advance.

February half term

Monday 18th to Friday 22nd February 2019 inclusive.

Easter

Monday 15th to Thursday 18th April 2019 inclusive. A temporary Easter timetable will be in place Friday 19th to Monday 22nd April 2019 inclusive, after which the term timetable will be followed.

May half term

Tuesday 28th to Friday 31st May 2019 inclusive.

Summer

Monday 22nd July to Friday 30th August 2019 inclusive.

Accessibility

We are an IFI accredited facility. 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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