

Southampton Online - City Council Services 24 hours a day, every day

Oaklands Pool

Oaklands Pool,
Fairisle Road,
Lordshill,
Southampton,
SO16 8BY

Tel: 02380 741414 Fax: 02380 734328 Email:
oaklands.lc@southampton.gov.uk

Opening Hours

Monday – Thursday: 7.30am – 9pm

Friday: 7.30am – 6pm

Saturday & Sunday: 8.30am – 6pm

Oaklands Swimming Pool aims to promote a healthy lifestyle for all through swimming. This superb venue has been established for over 20 years and is now a centre of excellence for swimming.

The centre is equipped with 5 lane 25m main pool, and a 10m learner pool. The centre also boasts a unique 30 metre long flume.

Swimming Pool:

If you are a serious swimmer and looking to train hard then adult lanes is the session for you. We grade our lanes by speed to ensure that you are with swimmers of a similar ability, and you can enjoy an uninterrupted training session.

We offer corporate discounts to a number of organisations. To find out if you qualify, contact reception on 02380 741414.

The swimming pool is open to everyone and caters for all levels and abilities. We hold fun sessions for the kids with inflatables and mats to ensure that your family has a splashing time! Children must be over 8 and competent swimmers to attend this session.

Aquanatal Classes

Gentle to moderate exercise in the water for pregnant ladies from a fully qualified Aquanatal instructor.

National Pool Lifeguard Qualification

Candidates minimum age is 16 years and candidates need to be able to swim 200m on their front and back at a reasonable level