



wave
Live life

Seahaven Swim and Fitness Centre, Newhaven Swimming Pool Timetable



wave
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Monday	
Time	Session
Morning Sessions	
07:00 - 07:55	Fitness Swim
08:00 - 08:45	Lane Swim
09:00 - 10:00	School Use
10:15 - 11:10	Lane Swim
11:15 - 12:10	Aqua Fit
Afternoon Sessions	
12:15 - 13:10	Lane Swim
13:30 - 14:30	School Use
14:45 - 15:45	*Swim For All
16:00 - 19:15	Swim School
Evening Sessions	
19:30 - 20:25	Lane Swim
20:30 - 21:30	(Fitness Swim Adults)

Tuesday	
Time	Session
Morning Sessions	
07:00 - 07:55	Fitness Swim (Adult)
08:00 - 08:45	Lane Swim
09:00 - 10:00	School Use
10:15 - 11:10	*Swim For All
11:15 - 12:10	Fitness Swim
Afternoon Sessions	
12:30 - 13:25	Lane Swim
13:30 - 14:30	#This Girl Can Swim
14:45 - 15:45	*Swim For All
16:00 - 19:45	Swim School
Evening Sessions	
20:00 - 20:55	Lane Swim (Adult)
21:00 - 21:45	Fitness Swim (Adults)

Wednesday	
Time	Session
Morning Sessions	
07:00 - 07:55	Fitness Swim (Adult)
08:00 - 08:45	Lane Swim
09:00 - 10:00	School Use
10:15 - 11:10	60+ Swim
11:15 - 12:10	*Swim For All
Afternoon Sessions	
12:30 - 13:25	Fitness Swim
13:45 - 14:40	Lane Swim
14:45 - 15:45	Therapeutic Swim
16:00 - 18:45	Swim School

Thursday	
Time	Session
Morning Sessions	
07:00 - 07:55	Fitness Swim
08:00 - 08:45	Lane Swim
09:00 - 10:00	School Use
10:20 - 11:20	School Use
11:35 - 12:30	Lane Swim
Afternoon Sessions	
12:45 - 14:30	School Use
14:45 - 15:45	Relaxaswim
16:00 - 19:15	Swim School
Evening Sessions	
19:30 - 20:25	*Swim For All
20:30 - 21:30	Lane Swim

The ability to book a session will still be in place, however you can just turn up if space is available to attend. Fitness Swim and Lane Swim are not suitable for children under the age of 11 years. Please note: timetable subject to change. *Swim For All, Open Family Swim and Get Wet & Wacky are non bookable sessions, normal admission rules apply.



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Friday	
Time	Session
Morning Sessions	
07:00 - 07:55	Fitness Swim (Adult)
08:00 - 08:45	Lane Swim
09:00 - 10:00	School Use
10:15 - 11:10	*Swim For All
11:15 - 12:10	Lane Swim
Afternoon Sessions	
12:30 - 13:25	Aqua Fit
13:30 - 15:30	Maritime Academy
16:00 - 18:45	Swim School
19:00 - 19:55	*Swim For All

Saturday	
Time	Session
Morning Sessions	
08:00 - 08:45	Lane Swim (Adult)
09:00 - 12:30	Swim School
Afternoon Sessions	
12:45 - 14:45	* Open Family Swim
14:50 - 15:45	* Get Wet & Wacky

Sunday	
Time	Session
Morning Sessions	
08:00 - 08:45	Lane Swim (Adult)
09:00 - 11:30	Swim School
11:45 - 12:40	Lane Swim
Afternoon Sessions	
12:45 - 15:15	* Open Family Swim

Teaching Pool Opening Times:

Monday: 10:30 – 13:00
 Tuesday: 10:30 – 14:30
 Wednesday: 10:30 – 14:30
 Thursday: Closed
 Friday: 10:30 – 14:30

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