

































Monday			
Start Time	Finish Time	Focus	Session
Morning Session			
06:00	07:00		Fitness Swim (Adults)
07:00	08:50		Fitness Swim
08:50	10:00		*Swim For All
10:15	11:15		60+ Swim
11:15	12:15		Lane Swim
Afternoon Session			
12:20	13:30		Fitness Swim (C)
13:30	15:45		Swim for All* (C)
16:00	18:15		Wave Swim School
Evening Session			
18:30	20:30		*Swim For All
20:35	21:45		Fitness Swim

Tuesday			
Start Time	Finish Time	Focus	Session
Morning Session			
06:00	07:00		Fitness Swim (Adult)
07:00	08:50		Fitness Swim
08:50	13:15		*Swim For All (L)
Afternoon Session			
13:15	15:45		*Swim For All (C)
16:00	18:15		Wave Swim School
Evening Session			
18:30	19:25		*Swim For All
19:30	20:25		AquaFit
20:30	21:45		Fitness Swim

Wednesday			
*please see amended timetable for Wednesday 8 th August on back page			
Start Time	Finish Time	Focus	Session
Morning Session			
06:00	08:50		Fitness Swim
08:50	12:15		*Swim For All (C)
Afternoon Session			
12:15	14:45		*Swim For All
14:45	15:45		Family Splash Zone
16:00	19:00		Wave Swim School
Evening Session			
19:15	20:10		*Swim For All
20:15	21:45		Lane Swim (Adult) (C)

Thursday			
*please see amended timetable for 1 st , 8 th & 15 th August on back page			
Start Time	Finish Time	Focus	Session
Morning Session			
06:00	07:00		Fitness Swim (Adult)
07:00	08:50		Fitness Swim
08:50	12:15		*Swim For All (C)
Afternoon Session			
12:15	15:45		*Swim For All
16:00	18:15		Wave Swim School
Evening Session			
18:30	20:00		Lewes Swimming Club
20:00	21:45		*Swim For All

Friday			
Start Time	Finish Time	Focus	Session
Morning Session			
06:00	08:50		Fitness Swim
08:50	10:25		*Swim For All
10:30	11:25		Aquafit
11:30	12:30		*Swim For All (C)
Afternoon Session			
12:30	15:45		*Swim For All (C)
16:00	18:15		Wave Swim School
Evening Session			
16:00	19:25		*Swim For All** (L)
19:30	20:25		Fitness Swim
20:30	21:45		Twilight Swim (Adult)

Saturday			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	08:45		Lane Swim (Adult)
09:00	11:15		Wave Swim School
11:30	12:30		*Swim For All
Afternoon Session			
12:30	15:50		*Swim For All (F)
16:00	17:00		Party Hire
17:05	17:55		Therapeutic Swim

Toddler Pool Opening Times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00–14:30	09:00–14:30	09:00–14:30	09:00–14:30	09:00–14:30	12:30–15:50	12:45–14:50

Flume Opening Times




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00–10:00 13:30–15:30	09:00–15:30	09:00–10:00 13:30–15:30	09:00–11:00	09:00–10:00 12:30–15:30	12:30–15:50	12:45–14:50

Sunday			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	08:45		Lane Swim (Adult)
09:00	12:40		Wave Swim School
Afternoon Session			
12:45	14:50		*Swim For All (FS)
15:00	15:50		*Get Wet & Wacky
16:00	17:00		Party Hire
17:05	17:55		*Swim For All

	Aqua Aerobics		Fun Session
	Open Swimming		Wellness Swim
	Lane Swimming		Wave Swim School
	Party Use & Hire		School & Private Hire

The ability to book a session is available, 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. *Swim For All and Get Wet & Wacky are non-bookable sessions, normal admission apply. (L) – Two Lanes used for Swimming Lessons (C) – Up to Two Lanes used for NPLQ Training For full descriptions visit www.waveleisure.co.uk. Please note: timetable subject to change.

Thursday – 1st August, 8th August, 15th August

Start Time	Finish Time	Focus	Session
Morning Session			
06:00	07:00		Fitness Swim (Adult)
07:00	08:50		Fitness Swim
08:50	12:15		*Swim For All (C)
Afternoon Session			
12:15	15:45		*Swim For All
16:00	18:15		Wave Swim School
Evening Session			
18:30	21:45		*Swim For All

Wednesday 28th August

Start Time	Finish Time	Focus	Session
Morning Session			
06:00	08:50		Fitness Swim
08:50	12:15		*Swim For All (C)
Afternoon Session			
12:15	14:15		*Swim For All
14:30	15:30		Swim Party
16:00	19:00		Wave Swim School
Evening Session			
19:15	20:10		*Swim For All
20:15	21:45		Lane Swim (Adult) (C)

Bank Holiday Monday – 26th August

Start Time	Finish Time	Focus	Session
Morning Session			
08:00	10:00		Fitness Swim
10:15	11:15		60+ Swim
11:15	12:15		Swim for All* (C)
Afternoon Session			
12:15	15:45		Swim for All* (C)
16:00	18:15		Wave Swim School

The ability to book a session is available, 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.

*Swim For All and Get Wet & Wacky are non-bookable sessions, normal admission apply.

(L) – Two Lanes used for Swimming Lessons (C) – Up to Two Lanes used for NPLQ Training

For full descriptions visit www.waveleisure.co.uk. Please note: timetable subject to change.