










































Monday			
Start Time	Finish Time	Focus	Session
Morning Session			
07:00	08:00		Fitness Swim
08:00	08:50		Lane Swim
08:50	11:15		*Swim For All
11:15	12:10		AquaFit
Afternoon Session			
12:15	13:30		*Swim For All (L)
13:30	14:30		Family Splash Zone
14:30	15:50		*Swim For All
16:00	19:25		Wave Swim School
Evening Session			
19:15	20:30		*Swim For All (L)
20:30	21:45		Fitness Swim (Adult)




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

Wednesday			
*please note that Lewes Swimming Club will not be in every Wednesday, see amended timetable on back page			
Start Time	Finish Time	Focus	Session
Morning Session			
07:00	08:00		Fitness Swim (Adult)
08:00	08:50		Lane Swim
08:50	10:15		*Swim For All
10:15	11:15		60+ Swim
11:15	12:30		*Swim For All
Afternoon Session			
12:30	13:30		Fitness Swim
13:30	15:50		*Swim For All
16:00	18:45		Wave Swim School
Evening Session			
19:00	20:00		Lewes Swimming Club
20:00	21:00		*Swim For All
21:00	21:45		Fitness Swim (Adults)

Thursday			
Start Time	Finish Time	Focus	Session
Morning Session			
07:00	08:00		Fitness Swim
08:00	08:50		Lane Swim
08:50	13:30		*Swim For All
Afternoon Session			
13:30	14:30		Family Splash Zone
14:30	15:50		*Swim For All
16:00	19:15		Wave Swim School
Evening Session			
19:00	21:45		*Swim For All

Friday			
Start Time	Finish Time	Focus	Session
Morning Session			
07:00	08:00		Fitness Swim (Adult)
08:00	08:50		Lane Swim
08:50	12:30		*Swim For All
Afternoon Session			
12:30	13:25		AquaFit
13:30	15:30		Maritime Academy
16:00	18:40		Wave Swim School
Evening Session			
18:45	21:00		*Swim For All
21:00	21:45		Fitness Swim (Adult)

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

Sunday			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	08:50		Fitness Swim (Adult)
09:00	11:40		Wave Swim School
Afternoon Session			
11:45	15:15		*Swim For All

## Teaching Pool Opening Times

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

	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](http://www.waveleisure.co.uk). Please note: timetable subject to change.

Wednesday 31 <sup>st</sup> July, 7 <sup>th</sup> August & 14 <sup>th</sup> August			
Start Time	Finish Time	Focus	Session
<b>Morning Session</b>			
07:00	08:00		Fitness Swim (Adult)
08:00	08:50		Lane Swim
08:50	10:15		*Swim For All
10:15	11:15		60+ Swim
11:15	12:30		*Swim For All
<b>Afternoon Session</b>			
12:30	13:30		Fitness Swim
13:30	15:50		*Swim For All
16:00	18:45		Wave Swim School
<b>Evening Session</b>			
19:00	21:00		*Swim For All
21:00	21:45		Fitness Swim (Adults)

Bank Holiday Monday - 26/08/2024			
Start Time	Finish Time	Focus	Session
<b>Morning Session</b>			
08:00	08:50		Lane Swim
08:50	11:15		*Swim For All
11:15	12:10		AquaFit
<b>Afternoon Session</b>			
12:15	13:30		*Swim For All (L)
13:30	14:30		Family Splash Zone
14:30	15:50		*Swim For All
16:00	19:25		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](http://www.waveleisure.co.uk). Please note: timetable subject to change.