





















Half Term Swimming Timetable

Monday 28th October – Sunday 3rd November 2024

Monday			
Start Time	Finish Time	Focus	Session
Morning Session			
06:00	07:00		Fitness Swim
07:00	08:15		Fitness Swim
08:15	09:30		Active Age Swim
09:30	12:30		*Swim For All
Afternoon Session			
12:30	13:30		Family Splash Zone
13:30	14:50		*Swim For All
14:50	15:50		Therapeutic Swim
Evening Session			
16:00	18:00		Wave Swim School
18:15	20:30		*Swim For All
20:30	21:30		Fitness Swim

Tuesday			
Start Time	Finish Time	Focus	Session
Morning Session			
06:00	07:00		Fitness Swim
07:00	08:00		Bodyworks
08:00	11:00		*Swim For All (L)
11:00	12:30		Active Age Swim (L)
Afternoon Session			
12:30	13:30		Fitness Swim (L)
13:30	15:35		*Swim For All (L)
Evening Session			
15:45	17:45		Wave Swim School
18:00	19:30		Bodyworks
19:30	20:30		*Swim For All
20:30	21:30		Fitness Swim

Wednesday			
Start Time	Finish Time	Focus	Session
Morning Session			
06:00	07:00		Fitness Swim
07:00	08:00		Fitness Swim
08:00	09:00		Fitness Swim
09:00	09:45		Aquafit
09:45	12:00		*Swim For All
Afternoon Session			
12:00	13:30		Fitness Swim
13:30	15:30		*Swim For All
16:00	18:00		Bodyworks
Evening Session			
18:00	19:30		Eastbourne SC
19:30	21:30		Bodyworks

The ability to book a session is available, however you can just turn up if space is available to attend. Fitness Swims are not suitable for children under the age of 11 years.












*Swim For All, *Open Family Swim and *Family Splash Zone 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.waveactive.org. **Please note: timetable subject to change.**

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




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Thursday			
Start Time	Finish Time	Focus	Session
Morning Session			
06:00	07:00		Fitness Swim
07:00	08:00		Bodyworks
08:00	09:00		Active Age Swim
09:00	10:00		Active Age Swim
10:00	11:45		*Swim For All
11:45	12:30		Aqua Zumba
Afternoon Session			
12:30	13:30		*Swim For All
13:30	14:30		Fitness Swim
14:30	15:45		*Swim For All
16:00	17:00		Bodyworks
Evening Session			
17:00	18:00		Fitness Swim
18:00	20:00		Eastbourne SC
20:00	21:30		*Swim For All (C)

Friday			
Start Time	Finish Time	Focus	Session
Morning Session			
06:00	07:00		Fitness Swim
07:00	08:00		Fitness Swim
08:00	09:00		Fitness Swim
09:00	09:45		Active Age Aquafit
09:45	10:45		Active Age Swim
10:45	12:45		*Swim For All
Afternoon Session			
12:45	13:45		Family Splash Zone
13:45	15:40		*Swim For All (L)
Evening Session			
15:45	17:45		Wave Swim School
18:00	20:00		Eastbourne SC
20:00	21:30		Fitness Swim

Saturday			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Bodyworks
09:00	11:15		*Swim For All
11:15	14:30		*Swim For All
Afternoon Session			
14:30	16:30		*Open Family Swim

Sunday			
Start Time	Finish Time	Focus	Session
Morning Session			
08:30	11:30		Bodyworks
11:30	13:30		*Swim For All
Afternoon Session			
13:30	15:00		Open Family Swim
15:00	16:30		*Swim For All

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

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