















Monday 23 rd December			
Start Time	Finish Time	Focus	Session
Morning Session			
09:00	13:05		*Swim For All
Afternoon Session			
13:05	13:50		Lane Swim
13:50	17:30		*Swim For All
Evening Session			
17:30	18:45		*Swim For All
19:00	19:45		AquaFit

Tuesday 24 th December			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Lane Swim (Adult)
09:00	13:00		*Swim For All
Afternoon Session			
13:05	14:00		Lane Swim

Seaford Head Swimming Pool Christmas Opening Hours

Tuesday 24th December 08:00 – 14:30
 Wednesday 25th December Closed
 Thursday 26th December Closed
 Friday 27th to Monday 30th December
 Seaford Head Swimming Pool will be open as normal
 Tuesday 31st December 08:00 – 14:30
 Wednesday 1st January Closed






Friday 27 th December			
Start Time	Finish Time	Focus	Session
Morning Session			
09:00	13:00		*Swim For All
Afternoon Session			
13:05	13:50		Lane Swim
13:50	16:00		*Swim For All
Evening Session			
16:00	17:00		60+ Swim
17:00	17:55		Lane Swim
18:00	19:00		*Swim For All




Saturday 28 th December			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Fitness Swim (Adult)
09:00	10:00		Lane Swim (Adult)
10:00	12:30		*Swim For All
Afternoon Session			
12:30	14:30		*Swim For All

Sunday 29 th December			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Fitness Swim (Adult)
09:00	10:00		Lane Swim (Adult)
10:00	11:00		*Get Wet and Wacky
11:00	13:30		*Swim For All
Afternoon Session			
13:30	14:30		Lane Swim





-  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.

Monday 30 th December			
Start Time	Finish Time	Focus	Session
Morning Session			
09:00	13:05		*Swim For All
Afternoon Session			
13:05	13:50		Lane Swim
13:50	17:30		*Swim For All
Evening Session			
17:30	18:45		*Swim For All
19:00	19:45		AquaFit






Tuesday 31 st December			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Lane Swim (Adult)
09:00	13:00		*Swim For All
Afternoon Session			
13:05	14:00		Lane Swim

New Year Opening Hours
 Tuesday 31st December 08:00 – 2:30
 Wednesday 1st January Closed

Thursday 2 nd January			
Start Time	Finish Time	Focus	Session
Morning Session			
09:00	13:00		*Swim For All
Afternoon Session			
13:05	14:00		Lane Swim
14:00	18:15		*Swim For All
Evening Session			
18:15	19:10		Lane Swim

Friday 3 rd January			
Start Time	Finish Time	Focus	Session
Morning Session			
09:00	13:00		*Swim For All
Afternoon Session			
13:05	13:50		Lane Swim
13:40	16:00		*Swim For All
Evening Session			
16:00	17:00		60+ Swim
17:00	17:55		Lane Swim
18:00	19:00		*Swim For All

Saturday 4 th January			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Fitness Swim (Adult)
09:00	10:00		Lane Swim (Adult)
10:00	12:30		*Swim For All
Afternoon Session			
12:30	14:30		*Open Family Swim
15:00	16:00		Party Hire

Sunday 5 th January			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Fitness Swim (Adult)
09:00	10:00		Lane Swim (Adult)
10:00	11:00		*Get Wet and Wacky
11:00	13:30		*Open Family Swim
Afternoon Session			
13:30	14:30		Lane Swim

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

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