

Seaford Head Swimming Pool Christmas Swimming Timetable

WEEK 1: 23rd to 29th December 2024

	Monday 23 rd December						
St	art	Finish	Гасия	Canalan			
g Ti	me	Time	Focus	Session			
	Morning Session						
09	9:00	13:05	**	*Swim For All			
		Aft	ernoon (Session			
13	:05	13:50	(A)	Lane Swim			
13	:50	17:30	<u>*à</u>	*Swim For All			
Evening Session							
17	:30	18:45	**	*Swim For All			
19	:00	19:45		AquaFit			
1110			0 1				

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0	Tuesday 24 th December					
	Start	Finish	Focus		Session	
20	Time	Time	rocus		Session	
V	Morning Session					
	08:00	09:00	(<u>A</u>)	La	ne Swim (Adult)	
5	09:00	13:00	*2		*Swim For All	
1	Afternoon Session					
7	13:05	14:00	(A)		Lane Swim	
_	6%	_		26/32	(D	

Seat	ord Head Swimming Pool
Cł	ristmas 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

			111 10				
	Friday 27 th December						
Start	Finish	Focus	Session				
Time	Time	rocus	Session				
	Morning Session						
09:00	13:00	(xà)	*Swim For All				
	Aft	ernoon (Session				
13:05	13:50	(A)	Lane Swim				
13:50	16:00	**	*Swim For All				
	E۱	ening S	ession				
16:00	17:00	(60+ Swim				
17:00	17:55	Æ	Lane Swim				
18:00	19:00	<u>*À</u>	*Swim For All				
	3/5/	w \//)	~ h (m	(0)			

7	Saturday 28 th December				
0	Start	Finish	Focus	Session	
	Time	Time			
٧	Morning Session				
	08:00	09:00	(A)	Fitness Swim (Adult)	
20	09:00	10:00	(A)	Lane Swim (Adult)	
	10:00	12:30	**	*Swim For All	
00	Afternoon Session				
	12:30	14:30	(xx)	*Swim For All	
X.	7				





Aqua Aerobics



Fun Session



Open Swimming



Wellness Swim



Lane Swimming



Wave Swim School



Party Use & Hire



(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.

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

Fitness Swim and Lane Swim are not suitable for children under the age of 11 years.

The ability to book a session is available, however you can just turn up if space is available to attend.



Seaford Head Swimming Pool

Christmas Swimming Timetable WEEK 2: 30th December 2024 to 5th January 2025

	Monday 30 th December								
	Start Time	Finish Time	Focus	Session					
1	Morning Session								
E	09:00	13:05	**	*Swim For All					
		Aft	ernoon	Session					
9	13:05	13:50	Æ	Lane Swim					
L	13:50	17:30	**	*Swim For All					
	Evening Session								
	17:30	18:45	**	*Swim For All					
	19:00	19:45		AquaFit					
	1110	/	0	000					

Start Time Focus Session Morning Session 08:00 09:00	Tuesday 31 st December					
08:00			Focus	Session		
09:00 13:00 *Swim For All Afternoon Session	Morning Session					
Afternoon Session	08:00	09:00	(A)	Lane Swim (Adult)		
	09:00	13:00	**	*Swim For All		
13:05 14:00	Afternoon Session					
6°/2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	13:05	14:00	æ.	Lane Swim		
	6%	~		145 D 0 99 6		

New Year Opening Hours

Tuesday 31st December 08:00 – 2:30 Wednesday 1st January Closed

أسلا			168				
Friday 3 rd January							
Start Time	Finish Time	Focus	Session				
Morning Session							
09:00	13:00	(<u>*à</u>)	*Swim For All				
	Aft	ernoon S	Session				
13:05	13:50	(A)	Lane Swim				
13:40	16:00	(<u>*à</u>)	*Swim For All	0			
	E۱	ening S	ession				
16:00	17:00	*	60+ Swim				
17:00	17:55	(A)	Lane Swim				
18:00	19:00	**	*Swim For All	7			
	3/)//	///		\%			

9		Saturday 4 th January					
%° ≈	Start Time	Finish Time	Focus	Session			
	Morning Session						
\neg	08:00	09:00	(<u>A</u>)	Fitness Swim (Adult)	N		
0	09:00	10:00	(A)	Lane Swim (Adult)	7		
2	10:00	12:30	**	*Swim For All	@		
000	Afternoon Session						
	12:30	14:30	(iii)	*Open Family Swim	1		
0	15:00	16:00		Party Hire	0		
			0		1//		

	Thursday 2" January					
	Start Time	Finish Time	Focus	Session		
١	Morning Session					
7	09:00	13:00	**	*Swim For All		
	Afternoon Session					
	13:05	14:00	(4)	Lane Swim		
3	14:00	18:15	(<u>*</u> À	*Swim For All		
/	Evening Session					
	18:15	19:10	(<u>.e.</u>)	Lane Swim		
		0//	000	3		

	Sunday 5 th January					
Start	Finish	Focus	Canalan			
Time	Time	rocus	Session			
Morning Session						
08:00	09:00	(£)	Fitness Swim (Adult)			
09:00	10:00	æ)	Lane Swim (Adult)			
10:00	11:00	(A)	*Get Wet and Wacky			
11:00	13:30	(A)	*Open Family Swim			
Afternoon Session						
13:30	14:30	(A)	Lane Swim			
100						



Aqua Aerobics



Fun Session



Open Swimming



Wellness Swim



Lane Swimming



Wave Swim School



Party Use & Hire



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