

Monday 23 rd December			
Start Time	Finish Time	Focus	Session
Morning Session			
07:00	08:00		Fitness Swim
08:00	09:00		Lane Swim
09:00	11:15		*Swim For All
11:15	12:10		AquaFit
Afternoon Session			
12:15	13:30		*Swim For All
13:30	14:30		Family Splash Zone
14:30	15:50		*Swim For All
Evening Session			
15:50	20:30		*Swim For All
20:30	21:45		Fitness Swim (Adult)

Friday 27 th December			
Start Time	Finish Time	Focus	Session
Morning Session			
07:00	08:00		Fitness Swim (Adult)
08:00	09:00		Lane Swim
09:00	12:30		*Swim For All
Afternoon Session			
12:30	13:25		AquaFit
13:30	18:45		*Swim For All
Evening Session			
18:45	21:00		*Swim For All
21:00	21:45		Fitness Swim (Adult)

Tuesday 24 th December			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Fitness Swim (Adult)
09:00	12:30		*Swim For All
Afternoon Session			
12:30	13:30		Fitness Swim
13:30	14:45		*Swim For All

Saturday 28 th December			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Lane Swim (Adult)
09:00	12:45		*Swim For All
Afternoon Session			
12:45	14:45		*Swim For All
14:50	15:45		Get Wet & Wacky
16:00	17:00		Party Hire

**Seahaven Swim & Fitness Centre
Christmas Opening Hours**

Tuesday 24th December 08:00 - 15:00
 Wednesday 25th December Closed
 Thursday 26th December Closed
 Friday 27th to Monday 30th December
 Seahaven Swim & Fitness Centre will be open as normal
 Tuesday 31st December 08:00 - 15:00
 Wednesday 1st January Closed

Sunday 29 th December			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Fitness Swim (Adult)
09:00	11:45		*Swim For All
Afternoon Session			
11:45	15:15		*Swim For All

Teaching Pool Opening Times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30-15:30	10:30-14:45	Closed		10:30-15:30	12:45-14:45	12:45-15:15

- Aqua Aerobics
- Open Swimming
- Lane Swimming
- Party Use & Hire
- Fun Session
- Wellness Swim
- Wave Swim School
- 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			
07:00	08:00		Fitness Swim
08:00	09:00		Lane Swim
09:00	11:15		*Swim For All
11:15	12:10		AquaFit
Afternoon Session			
12:15	13:30		*Swim For All
13:30	14:30		Family Splash Zone
14:30	15:50		*Swim For All
Evening Session			
15:50	20:30		*Swim For All
20:30	21:45		Fitness Swim (Adult)

Tuesday 31 st December			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Fitness Swim (Adult)
09:00	12:30		*Swim For All
Afternoon Session			
12:30	13:30		Fitness Swim
13:30	14:45		*Swim For All

Thursday 2 nd January			
Start Time	Finish Time	Focus	Session
Morning Session			
07:00	08:00		Fitness Swim
08:00	09:00		Lane Swim
09:00	13:30		*Swim For All
Afternoon Session			
13:30	14:30		Family Splash Zone
14:30	16:00		*Swim For All
Evening Session			
16:00	21:45		*Swim For All

New Year Opening Hours
 Tuesday 31st December 08:00 - 15:00
 Wednesday 1st January Closed

Friday 3 rd January			
Start Time	Finish Time	Focus	Session
Morning Session			
07:00	08:00		Fitness Swim (Adult)
08:00	09:00		Lane Swim
09:00	12:30		*Swim For All
Afternoon Session			
12:30	13:25		AquaFit
13:30	18:45		*Swim For All
Evening Session			
18:45	21:00		*Swim For All
21:00	21:45		Fitness Swim (Adult)

Saturday 4 th January			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Lane Swim (Adult)
09:00	12:45		*Swim For All
Afternoon Session			
12:45	14:45		*Swim For All
14:50	15:45		Get Wet & Wacky
16:00	17:00		Party Hire

Sunday 5 th January			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Fitness Swim (Adult)
09:00	11:45		*Swim For All
Afternoon Session			
11:45	15:15		*Swim For All

Teaching Pool Opening Times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30-15:30	10:30-14:45	Closed	10:30-15:30	10:30-15:30	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

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 *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.