



## **Christmas Swimming Timetable** WEEK 1: 23<sup>rd</sup> to 29<sup>th</sup> December 2024

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	Monda	ay – 23 <sup>rd</sup>	<sup>d</sup> December
Start Time	Finish Time	Focus	Session
	М	orning S	Session
06:00	07:00	Æ	Fitness Swim (Adult)
07:00	09:00	(A)	Fitness Swim
09:00	10:15	**	*Swim For All
10:15	11:15	<b>®</b>	60+ Swim
11:15	12:15	**	Swim for All*
	Aft	ernoon	Session
12:15	18:00	**	Swim for All*
	E۱	ening S	Session
18:00	20:45	**	*Swim For All
20:45	21:45	Æ	Fitness Swim
3	Satur	day 28 <sup>th</sup>	December
Start	Finish		
Time	Time	Focus	Session
	М	orning S	Session
08:00	09:00	(A)	Lane Swim (Adult)
09:00	12:30	**	*Swim For All
	Aft	ernoon	Session

12:30

16:00 17:05

15:50

17:00

17:55

	Tuesd	ay 24 <sup>th</sup> l	December		
Start Time	Finish Time	Focus	Session		
	Mo	orning S	ession		
08:00	09:00	( <u>A</u> )	Fitness Swim		
09:00	13:15	**	*Swim For All		
	Aft	ernoon	Session		
13:15	14:45	**	*Swim For All		
A B	0 1	ooth r			
		ay 29''' L	December		
Start	Finish	Focus	Session		
Time	Time	1 0003	00331011		
	Mo	orning S	ession		
08:00	09:00	(A)	Lane Swim (Adult)		
09:00	12:40	<u>**</u>	*Swim For All		
	Aft	ernoon	Session		
12:45	14:50	**	*Swim For All (FS)		
15:00	15:50		*Get Wet & Wacky		
16:00	17:00	<b>*</b>	Party Hire		
17:05	17:55	**	*Swim For All		

#### **Lewes Leisure Centre Christmas Opening Hours**

Tuesday 24th December 08:00 - 15:00

Wednesday 25th December Closed

Thursday 26th December Closed

Friday 27th December

Closed for planned maintenance works

Saturday 28th to Monday 30th December Lewes Leisure Centre will be open as normal

Tuesday 31st December 08:00 - 15:00

Wednesday 1st January Closed

#### Flume Opening Times

1 2001			
Monday – 23.12.24	Tuesday – 24.12.24	Monday – 30.12.24	Tuesday – 31.12.24
11:15 - 16:00	09:00 - 14:45	11:00 - 16:00	09:00 - 14:45

### **Toddler Pool Opening Times**

Closed for maintenance

\*Swim For All (F)

Therapeutic Swim

°×	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:30-15:30	10:30-14.45		Closed		12:30-15:50	12:45-14:50

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.

(F) – Flume available for use (C) – Up to Two Lanes used for NPLQ Training

For full descriptions visit www.waveleisure.co.uk. Please note: timetable subject to change.



Aqua Aerobics



**Fun Session** 



Open Swimming



Wellness Swim



Lane Swimming



Wave Swim School



Party Use & Hire







# Christmas Swimming Timetable WEEK 2: 30<sup>th</sup> December 2024 to 5<sup>th</sup> January 2025

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		Monda	ıy – 30 <sup>tı</sup>	<sup>h</sup> December
1	Start	Finish	Focus	Session
	Time	Time	rocus	36331011
_		М	orning S	Session
	06:00	07:00	Æ	Fitness Swim (Adult)
	07:00	09:00	(A)	Fitness Swim
7	09:00	10:15	<u>*à</u>	*Swim For All
7	10:15	11:15	(*)	60+ Swim
	11:15	12:15	<u>*à</u>	Swim for All*
>		Aft	ernoon	Session
2	12:15	18:00	**	Swim for All*
		E۱	ening S	Session
1	18:00	20:45	**	*Swim For All
j	20:45	21:45	Æ	Fitness Swim
٢			day ard	lanuami

20:45	21:45	<u>Æ</u>	Fitness Swim					
	Friday 3 <sup>rd</sup> January							
Start	Finish	Focus	Session					
Time	Time	rocus	Session					
	ession							
06:00	09:00	(Æ)	Fitness Swim					
09:00	10:25	**	*Swim For All					
10:30	11:25		Aquafit					
11:30	12:30	**	*Swim For All (C)					
	Aft	ernoon	Session					
12:30	16:00	**	*Swim For All					
	Εν	ening S	ession					
16:00	19:25	**	*Swim For All					
19:30	20:25	(A)	Fitness Swim					
20:30	21:45	<b>®</b>	Twilight Swim (Adult)					

	Tuesday 31 <sup>st</sup> December					
Start	Finish	Focus	c	Session		
Time	Time	rocus	•	ession		
	Morning Session					
08:00	09:00	( <u>.e.</u> )	Fitr	ness Swim		
09:00	13:15	**	*Sv	vim For All		
	Afternoon Session					
13:15 14:45		**	*Sv	vim For All		
9 60	0		华的			

#### **New Year Opening Hours**

Tuesday 31<sup>st</sup> December 08:00 - 15:00 Wednesday 1<sup>st</sup> January Closed

	600	و الماكان				
9	Saturday 4 <sup>th</sup> January					
0	Start	Finish	Focus	Session		
^	Time	Time	10003	00331011		
		Me	orning S	ession		
_	08:00	09:00	( <u>*</u>	Lane Swim (Adult)		
6	09:00	12:30	( <u>*à</u> )	*Swim For All		
Afternoon S			Session			
	12:30	15:50	**	*Swim For All (F)		
	16:00	17:00	<b>W</b>	Party Hire		
/0	17:05	17:55	( <u>*</u> )	Therapeutic Swim		

#### **Toddler Pool Opening Times**

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:30-15:30	10:30-14:45	CLOSED	10:30-15:30	10:30-15:30	12:30-15:50	12:45-14:50

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.

(F) – Flume available for use (FS) – Float Session (C) – Up to Two Lanes used for NPLQ Training For full descriptions visit www.waveleisure.co.uk . Please note: timetable subject to change.

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		Thursday 2 <sup>nd</sup> January					
	Start	Finish	Focus	Session			
	Time	Time	rocus	36221011			
Morning Sess				ession			
	06:00	07:00	<u>(4)</u>	Fitness Swim (Adult)			
	07:00	09:00	<u> </u>	Fitness Swim			
(	09:00	12:15	**	*Swim For All (C)			
Afternoon Session				Session			
7	12:15	18:15	(xà)	*Swim For All			
		Ev	ening S	ession			
	18:15	21:45	**	*Swim For All			

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	Sunday 5 <sup>th</sup> January					
	Start	Finish	Focus	Session		
	Time	Time	1 0003	00331011		
	Morning Session					
	08:00	09:00	(A)	Lane Swim (Adult)		
	09:00	12:40	**	*Swim For All		
		Aft	ernoon	Session		
	12:45	14:50	**	*Swim For All (FS)		
	15:00	15:50	<b>(*</b>	*Get Wet & Wacky		
	16:00	17:00	<b>*</b>	Party Hire		
	17:05	17:55	**	*Swim For All		
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