

## Seahaven Swim & Fitness Centre Swimming Timetable January 2025

Monday							
Start Time	Finish Time	Focus	Session				
Morning Session							
07:00	08:00	æ	Fitness Swim				
08:00	08:50	æ	Lane Swim				
09:00	10:00	$\bigcirc$	School Use				
10:15	11:15	(xà)	*Swim For All				
11:15	12:10		AquaFit				
Afternoon Session							
12:15	13:20	(kk)	*Swim For All (L)				
13:30	14:30	$\bigcirc$	School Use				
14:30	15:50	(xà)	*Swim For All				
16:00	19:25		Wave Swim School				
Evening Session							
19:15	20:30	(k)	*Swim For All (L)				
20:30	21:45		Fitness Swim (Adult)				

Tuesday								
Start Time	Finish Time	Focus	Session					
Morning Session								
07:00	08:50	æ	Fitness Swim (Adult)					
09:00	10:00	$\bigcirc$	School Use					
10:15	12:30	(x)	*Swim For All					
Afternoon Session								
12:30	13:30	æ	Fitness Swim					
13:30	14:30		#This Girl Can Swim					
14:30	15:50	(xà	*Swim For All (L)					
16:00	19:45		Wave Swim School					
Evening Session								
18:30	20:30	(xà	*Swim For All					
20:30	21:45	æ	Fitness Swim					

Wednesday								
Start Time	Finish Time	Focus	Session					
	Morning Session							
07:00	08:00	æ	Fitness Swim (Adult)					
08:00	08:50	(A)	Lane Swim					
09:00	10:00	$\overline{\mathbf{e}}$	School Use					
10:15	11:15		Active Age Swim					
11:15	12:30	(xà)	*Swim For All					
	Afternoon Session							
12:30	13:30	(A)	Fitness Swim					
13:30	14:45	(kk)	*Swim For All (L)					
14:45	15:50		Therapeutic Swim					
16:00	18:45		Wave Swim School					
	Evening Session							
19:00	21:00	$\bigcirc$	Lewes Swimming Club					
21:00	21:45	æ	Fitness Swim (Adults)					

## **Teaching Pool Opening Times**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 - 13:00	10:30 - 15:30	10:30 - 15:30	10:30 - 12:20	10:30 - 15:30	12:45 - 14:45	12:45 - 15:15

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.





## Seahaven Swim & Fitness Centre Swimming Timetable January 2025

Thursday		Friday			Saturday					
Finish Time	Focus	Session	Start Time	Finish Time	Focus	Session	Start Time	Finish Time	Focus	Session
Morning Session		Morning Session			Morning Session					
08:00		Fitness Swim	07:00	08:00		Fitness Swim (Adult)	08:00	08:50	æ	Lane Swim (Adult)
08:50	(A)	Lane Swim	08:00	08:50		Lane Swim	09:00	12:40		Wave Swim School
10:00	$\overline{\mathbf{e}}$	School Use	09:00			Afternoon S		Session		
12:45	(xà)	*Swim For All	08:50	12:30	(kk)	*Swim For All	12:45	14:45	(xà)	*Swim For All
Aft	ernoon	Session	Afternoon Session		14:50	15:45	(k)	Get Wet & Wacky		
14:30	۲	School Use	12:30	13:25		AquaFit	16:00	17:00	<b>W</b>	Party Hire
15:50	8	Relaxaswim	13:30 15:30 🔄 Maritime Academy Sunday		ay					
19:15	(All and a second secon	Wave Swim School	16:00	18:40	(internet internet in	Wave Swim School	Start	Finish		,
E١	vening S	ession	Evening Session		Time	Time	Focus	Session		
21:45	(ki)	*Swim For All	18:45	18:45 19:55 😟 *Swim For All			N	Aorning S	ession	
			20:00	21:00	۲	Lewes Swimming Club	08:00			
			21:00	21:45		Fitness Swim (Adult)			$\sim$	Fitness Swim (Adult)
	Time M 08:00 08:50 10:00 12:45 Aft 14:30 15:50 19:15	Finish Time   Focus     Non-State   Non-State     08:00   Image     08:50   Image     10:00   Image     10:00   Image     12:45   Image     14:30   Image     15:50   Image     19:15   Image     Image   Image <t< td=""><td>Finish TimeFocusSessionMorning SessionMorning Session08:00Image: Session08:00Image: Session08:50Image: Session10:00Image: Session10:00Image: Session10:00Image: Session10:00Image: Session12:45Image: Session14:30Image: Session14:30Image: Session15:50Image: Session19:15Image: SessionWave Swim SchoolEvening Session</td><td>Finish Time     Focus     Session     Start Time       Morning Session     07:00       08:00     Image: Session     07:00       08:50     Image: Session     08:00       08:50     Image: Session     07:00       10:00     Image: Session     08:00       10:00     Image: Session     08:00       12:45     Image: Session     08:50       12:45     Image: Session     08:50       14:30     Image: Session     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## **Teaching Pool Opening Times**

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Sunday					
Start Time	Finish Time	Focus	Session		
Morning Session					
08:00	08:50	æ	Fitness Swim (Adult)		
09:00	11:40		Wave Swim School		
Afternoon Session					
11:45	15:15	(k)	*Swim For All		
15:30	18:30	$\bigcirc$	Lewes Swimming Club		

