













## Monday

Start Time	Finish Time	Focus	Session
<b>Morning Session</b>			
09:00	12:55		School Use
<b>Afternoon Session</b>			
13:05	13:50		Lane Swim
14:00	17:30		School Use
<b>Evening Session</b>			
17:30	18:55		*Swim For All
19:00	19:45		AquaFit

## Tuesday

Start Time	Finish Time	Focus	Session
<b>Morning Session</b>			
07:00	08:00		Fitness Swim (Adult)
08:00	08:40		Lane Swim (Adult)
09:00	12:55		School Use
<b>Afternoon Session</b>			
13:05	13:50		Lane Swim
14:00	15:30		School Use
<b>Evening Session</b>			
16:00	18:00		Wave Swim School
18:15	19:30		Lewes Swimming Club

## Wednesday

Start Time	Finish Time	Focus	Session
<b>Morning Session</b>			
07:00	08:00		Fitness Swim
08:00	08:40		Lane Swim
09:00	12:55		School Use
<b>Afternoon Session</b>			
13:05	13:50		Lane Swim
14:00	17:00		School Use
<b>Evening Session</b>			
17:15	19:15		*Swim For All
19:15	20:10		Relaxaswim



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](http://www.waveleisure.co.uk). Please note: timetable subject to change.

Thursday			
Start Time	Finish Time	Focus	Session
Morning Session			
09:00	12:55		School Use
Afternoon Session			
13:05	13:50		Lane Swim
14:00	15:30		School Use
16:00	18:00		Wave Swim School
Evening Session			
18:15	19:10		Lane Swim

Friday			
Start Time	Finish Time	Focus	Session
Morning Session			
09:00	12:55		School Use
Afternoon Session			
13:05	13:50		Lane Swim
14:00	15:30		School Use
Evening Session			
16:00	17:00		Active Age Swim
17:00	17:55		Lane Swim
18:00	19:00		Lewes Swimming Club

Saturday			
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
15:00	16:00		Party Hire

Sunday			
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

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