



Lewes Leisure Centre Term Time Programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6 - 7 am	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Closed		6 - 7 am
7 - 8 am								7 - 8 am
8 - 9 am						General		8 - 9 am
9 - 10 am	School Use	School Use	School Use	School Use	School Use			9 - 10 am
10 - 11 am	60+				Ladies Only 10.15am - 12.00pm Aqua Aerobics 10.30am - 11.30am	General & Lessons		10 - 11 am
11 am-12 pm								11 am-12 pm
12 - 1 pm	General	General	General	General	General			
1 - 2 pm						1 - 2 pm		
2 - 3 pm						General		2 - 3 pm
3 - 4 pm					Run the Gauntlet Super Splash		3 - 4 pm	
4 - 5 pm	Lessons	General & Lessons	General & Lessons	General & Lessons	Lessons			4 - 5 pm
5 - 6 pm	Available for Pool Parties				5 - 6 pm			
6 - 7 pm	General & Lessons	Aqua Aerobics	Aqua Aerobics	Lewes Swimming Club	General & Lessons	Disabled Session	Adults Only	6 - 7 pm
7 - 8 pm						7 - 8 pm		
8 - 9 pm	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Closed		8 - 9 pm
9 - 10 pm	Twilight Zone		Twilight Zone	Adults Only	Twilight Zone			9 - 10 pm
9.45 pm Close								
Toddler Pool	10.15 am - 4 pm	10.15 am - 7 pm	10.15 am - 7 pm	10.15am - 6.30pm	10.15 am-4 pm & 5 - 7 pm	8 am - 5 pm	8 am - 5 pm	Toddler Pool
Flume Pool	6.15 - 7 pm	4 - 7 pm & 9 - 9.45 pm	4 - 7 pm	4 - 6.30 pm	5 - 7 pm	10 am - 5 pm	10.30 am - 5 pm	Flume Pool

Key: Full public access Restricted public access Closed to public access

The pool is used for educational use from time to time, please see reception for further details.

Please note the pool will be set up 10 minutes before swimming lessons are to commence. Monday to Friday 12 - 2 pm lunch time lanes.

updated 09/05/2017



www.waveleisure.co.uk

T: 01273 486000



Lewes Leisure School Holiday Programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
6 - 7 am	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Closed		6 - 7 am			
7 - 8 am								6 - 8 am			
8 - 9 am								8 - 9 am			
9 - 10 am	General	Childrens Holiday Activities	General	Childrens Holiday Activities	General	General		9 - 10 am			
10 - 11 am	60+	General		General	Ladies Only 10.15am - 12.00pm Aqua Aerobics 10.30am - 11.30am			General & Lessons	10 - 11 am		
11 am-12 pm	General								General	General	11am - 12pm
12 - 1 pm	General	Holiday Activity Fun Sessions	Holiday Activity Fun Sessions	Holiday Activity Fun Sessions	Holiday Activity Fun Sessions	Holiday Activity Fun Sessions	Holiday Activity Fun Sessions		12 - 1 pm		
1 - 2 pm	General							General	General	General	1 - 2 pm
2 - 3 pm	Holiday Activity Fun Sessions							General		2 - 3 pm	
3 - 4 pm	Holiday Activity Fun Sessions					Run the Gauntlet Super Splash		3 - 4 pm			
4 - 5 pm	Lessons	General & Lessons	General & Lessons	General & Lessons	Lessons	Available for Pool Parties		4 - 5 pm			
5 - 6 pm	General & Lessons				General & Lessons			General & Lessons	General & Lessons	5 - 6 pm	
6 - 7 pm	General & Lessons	Aqua Aerobics	Aqua Aerobics	Lewes Swimming Club	General & Lessons	Disabled Session	Adults Only	6 - 7 pm			
7 - 8 pm	Adults Only							Adults Only	Adults Only	Adults Only	7 - 8 pm
8 - 9 pm	Adults Only	Twilight Zone	Twilight Zone	Adults Only	Twilight Zone	Closed		8 - 9 pm			
9 - 10 pm	Adults Only	Twilight Zone	Twilight Zone	Adults Only	Twilight Zone			9 - 10 pm			
	9.45pm Close										
Toddler Pool	10.15 am - 4 pm	10.15 am - 7 pm	10.15 am - 7 pm	10.15 am - 6.30 pm	10.15am-4pm & 5-7pm	8 am - 5 pm	8 am - 5 pm	Toddler Pool			
Flume Pool	2.30 - 4pm & 6.15-7pm	2.30-7pm & 9-9.45pm	2.30 - 7 pm	2.30 - 6.30 pm	2 - 4 pm & 5 - 7 pm	10 am - 5 pm	10.30 am - 5 pm	Flume Pool			

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