



wave
Live life

Seaford Head Pool School Holiday Programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
7-8am	General Swimming		Adult Swimming Plus 2 Lanes	General Swimming	General Swimming	Closed		7-8am	
8-9am						Adults Only	Adults only & swimming lessons	8-9am	
9-10am			General Swimming		60+ Swim Time	60+ Swim Time	Family Swimming & Lessons	9-10am	
10-11am	Family Splash Zone	Swim Fun Zone	Family Splash Zone	Swim Fun Zone	Family Splash Zone	Family Swimming & Lessons		10-11am	
11am-12pm									11am-12pm
12-1pm	Family Swimming								12-1pm
1-2pm						Family Swimming			1-2pm
2-3pm	Swim Fun Zone	Family Swimming	Swim Fun Zone	Family Swimming	Liquid Disco Swim Party	Swim Fun Zone		2-3pm	
3-4pm						Available for Hire & Pool Parties		3-4pm	
4-5pm	Lessons		General Swimming	Lessons					4-5pm
5-6pm	Family Swimming		60+ Swim Time	Family Swimming & Lessons (lessons till 6.30pm)	Family Swimming				5-6pm
6-7pm		Family Swimming & Lessons	Family Swimming						
7-8pm	Aqua Aerobics	Adult Lessons & General Swim							7-8pm
8-9pm	Adult Twilight Swim		Adult Twilight Swim	Adult Twilight Swim		Available for Hire	8-9pm		

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

60+ session: People aged 50-59 are welcome but pay full price.

Please use the Seaford Head Pool car park in Sutton Avenue and avoid parking in Rother Road.

Updated 15/03/2018



www.waveleisure.co.uk

T: 01323 897632



Seaford Head Pool Term Time Programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																		
7-8am	General Swimming		Adult Swimming Plus 2 Lanes	General Swimming		Closed		7-8am																	
8-9am	General Swimming		Adult Swimming Plus 2 Lanes	General Swimming		Adults Only	Adults Session & Swimming Lessons	8-9am																	
9-10am	School Use and Private Lessons					60+ Swim Time	Family Swimming & Lessons	9-10am																	
10-11am						School Use and Private Lessons					Family Swimming & Lessons	10-11am													
11am-12pm												School Use and Private Lessons					Family Swimming & Lessons	11am-12pm							
12-1pm																		School Use and Private Lessons					Family Swimming & Lessons	12-1pm	
1-2pm																								School Use and Private Lessons	
2-3pm	School Use and Private Lessons										Family Swimming														
2-3pm						School Use	School Use	School Use	School Use	School Use							Swim Fun Zone								
3-4pm						School Use	School Use	School Use	School Use	School Use		Swim Fun Zone	2-3pm												
3-4pm						Seafood Head Academy	Lessons	Seafood Head Academy	Lessons	60+ Swim Time		Available for Hire & Pool Parties	3-4pm												
4-5pm						Lewes Swimming Club		60+ Swim Time		Family Swimming & Lessons (lessons till 6.30pm)	Junior Water Polo Course		4-5pm												
5-6pm	General	General Swimming & Lessons	General	Lewes Swimming Club	Available for Hire	5-6pm																			
6-7pm	Aqua Aerobics	Adult Lessons & General Swimming	Lewes Swimming Club			Adult Twilight Swim	Available for Hire	6-7pm																	
7-8pm	Adult Twilight Swim		Adult Twilight Swim	Adult Twilight Swim				Available for Hire	7-8pm																
8-9pm	Adult Twilight Swim	Adult Twilight Swim	Adult Twilight Swim	Available for Hire		8-9pm																			

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