



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+	General	General	General	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		Aqua H.I.I.T			General	General
1 - 2 pm		1 - 2 pm							
2 - 3 pm		General		General	General				
3 - 4 pm					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	5 - 6 pm								
6 - 7 pm	General & Lessons				Aqua Aerobics		Lewes Swimming Club	General & Lessons	Therapeutic Swim
7 - 8 pm	7 - 8 pm	8 - 9 pm	8 - 9 pm	8 - 9 pm	Closed			8 - 9 pm	
8 - 9 pm	Adults Only	Adults Only	Adults Only	Adults Only			9 - 10 pm	9 - 10 pm	
9 - 10 pm	Twilight Zone		Twilight Zone	Adults Only	Twilight Zone			9 - 10 pm	
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 15/03/2018



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	Family Swimming	Childrens Holiday Activities	General	Family Swimming		9 - 10 am
10 - 11 am	60+	Family Swimming		General	Ladies Only 10.15am - 12.00pm Aqua Aerobics 10.30am - 11.30am			General & Lessons
11 am-12 pm			11am - 12pm					
12 - 1 pm	General		Aqua H.I.I.T		General			12 - 1 pm
1 - 2 pm			1 - 2 pm					
2 - 3 pm	Holiday Activity Fun Sessions					General		2 - 3 pm
3 - 4 pm						Run the Gauntlet Super Splash (session finishes at 3.45 pm)		3 - 4 pm
4 - 5 pm	Lessons	Family Swimming & Lessons	Family Swimming & Lessons	Family Swimming & Lessons	Lessons	Available for Pool Parties		4 - 5 pm
5 - 6 pm								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	Twilight Zone	Closed		8 - 9 pm
9 - 10 pm		Twilight Zone	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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