



## Seahaven Swim & Fitness Centre Term Time Programme\*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7-8am	Adults Only	Adults Lane Fitness Swim	Adults Only	Adults Lane Fitness Swim	Adults Only	Closed		7-8am
8-9am						Adult Only & Lessons	Adult Only & Lessons	8-9am
9-10am	School Use	School Use	School Use	School Use	School Use	General & Lessons	General & Lessons	9-10am
10-11am	General	General	General	General	General			Super Splash
11am-12pm		General & Lessons		General	General	General	Super Splash	11am-12pm
12-1pm	Aqua Aerobics	General		Aqua Aerobics	Aqua Aerobics	General & Lessons	Super Splash	12-1pm
1-2pm	General	Ladies Only		General	School Use			1-2pm
2-3pm		General	Therapeutic Swim	General	2-3pm			
3-4pm		General	General	General	General & Lessons			3-4pm
4-5pm	General & Lessons	General & Lessons	General & Lessons	General & Lessons	General & Lessons	Available for Hire	Lewes Swimming Club	4-5pm
5-6pm								Lane Swim
6-7pm			Adult Only & Lessons					Deep Water Aqua 8.15pm - 9.15pm
7-8pm	General	8-9pm						
8-9pm	9.45pm Close	9.30pm Close	9.30pm Close	10.15am-8pm Closed 1:30 - 2:45pm for school use AQUA TOTS 10.15am - 11.30am	9.45pm Close	8am - 5.45pm	8am - 4pm	8-9pm
9-10pm								Teaching Pool

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

Times where there are two lanes in the pool: Monday, Tuesday, Wednesday & Friday 7:00 am - 9:00 am and Thursday & Friday 8:00 pm - 9:45 pm. The rest of the time there is **one lane** available apart from **Tuesday** between 11:00 am - 12:00 pm and when **Super Splash** and **Holiday Activity Sessions** are timetabled when there is **NO lane** available.

updated 19/06/2018



[www.waveleisure.co.uk](http://www.waveleisure.co.uk)

T: 01273 512498



## Seahaven Swim & Fitness Centre School Holiday Programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
7-8am	Adults only	Adults Lane Fitness Swim	Adults only	Adults Lane Fitness Swim	Adults only	Closed	Closed	7-8am				
8-9am		Adults only				Adults only & Lessons	Adults only & Lessons	8-9am				
9-10am	Family Swimming	Adults only	Family Swimming	Family Swimming	Family Swimming	General & Lessons	Family Swimming & Lessons	9-10am				
10-11am		Family Swimming						Family Swimming	Family Swimming	Family Swimming	Family Swimming	10-11am
11am-12pm		Family Swimming & Lessons						Family Swimming	Family Swimming	Family Swimming	Family Swimming	Family Swimming
12-1pm	Aqua Aerobics	Family Swimming	Family Swimming	Aqua Aerobics	Aqua Aerobics	Super Splash	Family Swimming & Lessons	12-1pm				
1-2pm	Family Swimming			General	General			General & Lessons	Super Splash	1-2pm		
2-3pm	Holiday Activity Fun Sessions						Family Swimming & Lessons	2-3pm				
3-4pm	Holiday Activity Fun Sessions							Family Swimming & Lessons	3-4pm			
4-5pm	Family Swimming & Lessons	Family Swimming & Lessons	Family Swimming & Lessons	Family Swimming & Lessons	Family Swimming & Lessons	Available for hire	Lewes Swimming Club	4-5pm				
5-6pm								Lane Swim	5-6pm			
6-7pm												
7-8pm			Aqua Zumba 7.15pm - 8.15pm					7-8pm				
8-9pm	Adults only & Lessons	Deep Water Aqua 8.15pm - 9.15pm	General	Adults only Twilight Swim	Adults only Twilight Swim	Closed	Closed	8-9pm				
9-10pm	9.45pm Close	9.30pm Close						9.45pm Close	9.45pm Close	9.45pm Close	9-10pm	
Teaching Pool	9.30am - 8pm	9.30am - 8pm	9.30am - 8pm	9.30am - 8pm	9.30am - 8pm	8am - 5.45pm	8am - 4pm	Teaching Pool				

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

Times where there are two lanes in the pool: Monday, Tuesday, Wednesday & Friday 7:00 am - 9:00 am and Thursday & Friday 8:00 pm - 9:45 pm. The rest of the time there is one lane available apart from Tuesday between 11:00 am - 12:00 pm and when Super Splash and Holiday Activity Sessions are timetabled when there is NO lane available.

updated 19/06/18



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