



wave
Live life

Lewes Leisure Centre Swimming Pool Timetable

Starting Monday 17th May 2021



wave
Live life

Monday	
Time	Session
Morning Sessions	
06:00 - 06:45	Fitness Swim (Adult)
07:00 - 07:45	Fitness Swim
08:00 - 08:45	Lane Swim
09:00 - 10:00	School Use
10:30 - 11:15	60+ Lane Swim
11:30 - 12:15	Lane Swim
Afternoon Sessions	
12:30 - 13:15	Fitness Swim
13:30 - 14:30	Lane Swim
14:45 - 15:30	Lane Swim
16:00 - 18:15	Swim School
Evening Sessions	
20:45 - 21:45	Fitness Swim

Tuesday	
Time	Session
Morning Sessions	
06:00 - 07:00	Fitness Swim
07:45 - 08:45	Lane Swim
09:00 - 10:00	School Use
10:30 - 11:15	Lane Swim
11:30 - 12:15	Lane Swim
Afternoon Sessions	
12:30 - 13:15	Fitness Swim
13:30 - 14:30	School Use
14:45 - 15:30	Lane Swim
16:00 - 18:15	Swim School
Evening Sessions	
18:30 - 19:15	Lane Swim
19:30 - 20:15	AquaFit
20:30 - 21:30	Fitness Swim

Wednesday	
Time	Session
Morning Sessions	
06:00 - 07:00	Fitness Swim
07:45 - 08:45	Lane Swim
09:00 - 10:00	School Use
10:30 - 11:15	Lane Swim
11:30 - 12:15	Lane Swim
Afternoon Sessions	
12:30 - 13:15	Fitness Swim
13:30 - 14:30	Lane Swim
14:45 - 15:30	Lane Swim
16:00 - 19:00	Swim School
Evening Sessions	
19:15 - 20:00	Fitness Swim (Adult)
20:15 - 21:00	Lane Swim

Thursday	
Time	Session
Morning Sessions	
06:00 - 06:45	Fitness Swim (Adult)
07:00 - 07:45	Fitness Swim
08:00 - 08:45	Lane Swim
09:00 - 10:00	School Use
10:30 - 11:15	Lane Swim
11:30 - 12:15	Lane Swim
Afternoon Sessions	
12:30 - 13:15	Fitness Swim
13:30 - 14:30	#This Girl Can Swim
14:45 - 15:30	Lane Swim
16:00 - 18:15	Swim School

All sessions must be booked in advance - you will not be permitted to enter if you have not pre-booked your swim session. Fitness Swim and Lane Swim are not suitable for children under the age of 11 years. Please note: timetable subject to change



Lewes Leisure Centre Swimming Pool Timetable

Starting Monday 17th May 2021



Friday]	
Time	Session
Morning Sessions	
06:00 - 07:00	Fitness Swim (Adult)
07:45 - 08:30	Fitness Swim
09:00 - 10:00	School Use
10:30 - 11:15	AquaFit
11:45 - 12:30	Lane Swim
Afternoon Sessions	
12:45 - 13:30	Fitness Swim
13:45 - 14:30	Lane Swim
14:45 - 15:30	Lane Swim
16:00 - 18:15	Swim School
Evening Sessions	
18:30 - 19:15	Lane Swim
19:30 - 20:15	Fitness Swim
20:30 - 21:15	Twilight Fitness Swim (Adult)

Saturday	
Time	Session
Morning Sessions	
08:00 - 08:45	Lane Swim (Adult)
09:00 - 11:15	Swim School
11:30 - 12:15	Lane Swim
Afternoon Sessions	
Family Bubble Swims	
13:00 - 14:00	Family Bubble Swim
14:30 - 15:30	Family Bubble Swim
Toddler Bubble Swims	
12:45 - 13:30	Toddler Family Swim
13:45 - 14:30	Toddler Family Swim
15:00 - 15:45	Toddler Family Swim
Flume Bubble Swims	
12:45 - 13:30	Flume Bubble Swims
13:45 - 14:30	Flume Bubble Swims
15:00 - 15:45	Flume Bubble Swims

Sunday	
Time	Session
Morning Sessions	
08:00 - 8.45	Lane Swim (Adult)
09:00 - 12:45	Swim School
Afternoon Sessions	
Family Bubble Swims	
13:00 - 14:00	Family Bubble Swim
14:30 - 15:30	Family Bubble Swim
Toddler Bubble Swims	
12:45 - 13:30	Toddler Family Swim
13:45 - 14:30	Toddler Family Swim
15:00 - 15:45	Toddler Family Swim
Flume Bubble Swims	
12:45 - 13:30	Flume Bubble Swims
13:45 - 14:30	Flume Bubble Swims
15:00 - 15:45	Flume Bubble Swims

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