



wave
Live life

Seahaven Swim and Fitness Centre, Newhaven

Swimming Pool Timetable

Starting Monday 17th May 2021



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

Tuesday	
Time	Session
Morning Sessions	
07:00 - 07:45	Fitness Swim (Adult)
08:00 - 08:45	Lane Swim
09:00 - 10:00	School Use
10:30 - 11:15	Lane Swim
11:30 - 12:15	Fitness 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 - 19:45	Swim School
Evening Sessions	
20:00 - 20:45	Lane Swim (Adult)
21:00 - 21:45	Fitness Swim (Adults)

Wednesday	
Time	Session
Morning Sessions	
07:00 - 07:45	Fitness Swim (Adult)
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	Lane Swim
14:45 - 15:30	Lane Swim
16:00 - 18:45	Swim School

Thursday	
Time	Session
Morning Sessions	
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	
12:45 - 14:15	School Use
14:45 - 15:30	Lane Swim
16:00 - 19:15	Swim School
Evening Sessions	
19:30 - 20:15	Lane Swim
20:30 - 21:15	Lane Swim

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



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Friday	
Time	Session
Morning Sessions	
07:00 - 07:45	Fitness Swim (Adult)
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	Aqua Fit
13:30 - 15:30	Maritime Academy
16:00 - 19:00	Swim School

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

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

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