



wave
Live life

Lewes Leisure Centre Swimming Pool Timetable Starting Monday 1st November 2021



wave
Live life

Monday	
Time	Session
Morning Sessions	
06:00 – 07:00	Fitness Swim (Adult)
07:00 – 07:55	Fitness Swim
08:00 – 08:45	Lane Swim
09:00 – 10:00	School Use
10:15 – 11:15	60+ Swim
11:15 – 12:15	Lane Swim
Afternoon Sessions	
12:20 – 13:20	Fitness Swim
13:30 – 14:30	*Swim For All
14:45 – 15:45	Therapeutic 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 (Adult)
07:00 – 07:55	Fitness Swim
08:00 – 08:45	Lane Swim
09:00 – 10:00	School Use
10:15 – 12:15	*Swim For All
Afternoon Sessions	
12:20 – 13:20	Fitness Swim
13:30 – 14:30	School Use
14:45 – 15:45	*Swim For All
16:00 – 18:15	Swim School
Evening Sessions	
18:30 – 19:25	*Swim For All
19:30 – 20:25	AquaFit
20:30 – 21:30	Fitness Swim

Wednesday	
Time	Session
Morning Sessions	
06:00 – 07:55	Fitness Swim
08:00 – 08:45	Lane Swim
09:00 – 10:00	School Use
10:15 – 12:15	*Swim For All
Afternoon Sessions	
12:20 – 13:20	Fitness Swim
13:30 – 14:30	*Swim For All
14:45 – 15:45	Relaxaswim
16:00 – 19:00	Swim School
Evening Sessions	
19:15 – 20:10	*Swim For All
20:15 – 21:15	Lane Swim (Adult)

Thursday	
Time	Session
Morning Sessions	
06:00 – 07:00	Fitness Swim (Adult)
07:00 – 07:55	Fitness Swim
08:00 – 08:45	Lane Swim
09:00 – 10:00	School Use
10:15 – 12:15	*Swim For All
Afternoon Sessions	
12:20 – 13:20	Fitness Swim
13:30 – 14:30	#This Girl Can Swim
14:45 – 15:45	*Swim For All
16:00 – 18:15	Swim School

The ability to book a session will still be in place, however you can just turn up if space is available to attend. Fitness Swim and Lane Swim are not suitable for children under the age of 11 years. Please note: timetable subject to change.

*Swim For All, Open Family Swim and Get Wet & Wacky are non bookable sessions, normal admission rules apply.



Lewes Leisure Centre Swimming Pool Timetable

Starting Monday 1st November 2021



Friday	
Time	Session
Morning Sessions	
06:00 – 07:55	Fitness Swim
08:00 – 08:45	Lane Swim
09:00 - 10:00	School Use
10:30 - 11:25	AquaFit
11:30 - 12:25	Lane Swim
Afternoon Sessions	
12:30 - 13:25	Fitness Swim
13:30 – 15:45	*Swim For All
16:00 - 18:15	Swim School
Evening Sessions	
18:30 - 19:25	*Swim For All
19:30 - 20:25	Fitness Swim
20:30 - 21:30	Twilight Swim (Adult)

Saturday	
Time	Session
Morning Sessions	
08:00 - 08:45	Lane Swim (Adult)
09:00 - 11:15	Swim School
11:30 - 12:25	Lane Swim
Afternoon Sessions	
12:30 – 14:30	* Open Family Swim
14:45 - 15:45	Therapeutic Swim

Sunday	
Time	Session
Morning Sessions	
08:00 - 8.45	Lane Swim (Adult)
09:00 - 12:40	Swim School
Afternoon Sessions	
12:45 – 14:30	* Open Family Swim
14:50 – 15:45	*Get Wet & Wacky

The ability to book a session will still be in place, however you can just turn up if space is available to attend. 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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