



wave  
Live life

# Seahaven Swim and Fitness Centre, Newhaven

## Swimming Pool Timetable



wave  
Live life

| Monday             |                       |
|--------------------|-----------------------|
| Time               | Session               |
| Morning Sessions   |                       |
| 07:00 - 08:00      | Fitness Swim          |
| 08:00 - 08:55      | Lane Swim             |
| 09:00 - 10:00      | School Use            |
| 10:15 - 11:15      | *Swim For All         |
| 11:15 - 12:10      | Aqua Fit              |
| Afternoon Sessions |                       |
| 12:15 - 13:25      | *Swim For All (L)     |
| 13:30 - 14:30      | School Use            |
| 14:45 - 15:50      | *Swim For All         |
| 16:00 - 19:25      | Swim School           |
| Evening Sessions   |                       |
| 19:15 - 20:30      | *Swim For All (L)     |
| 20:30 - 21:45      | Fitness Swim (Adults) |

| Tuesday            |                      |
|--------------------|----------------------|
| Time               | Session              |
| Morning Sessions   |                      |
| 07:00 - 08:55      | Fitness Swim (Adult) |
| 09:00 - 10:00      | School Use           |
| 10:15 - 12:30      | *Swim For All        |
| Afternoon Sessions |                      |
| 12:30 - 13:30      | Fitness Swim         |
| 13:30 - 14:30      | #This Girl Can Swim  |
| 14:30 - 15:50      | *Swim For All (L)    |
| 16:00 - 19:45      | Swim School          |
| Evening Sessions   |                      |
| 18:30 - 20:30      | *Swim For All (L)    |
| 20:30 - 21:45      | Fitness Swim         |

| Wednesday          |                       |
|--------------------|-----------------------|
| Time               | Session               |
| Morning Sessions   |                       |
| 07:00 - 08:00      | Fitness Swim (Adult)  |
| 08:00 - 08:55      | Lane Swim             |
| 09:00 - 10:00      | School Use            |
| 10:15 - 11:15      | 60+ Swim              |
| 11:15 - 12:30      | *Swim For All         |
| Afternoon Sessions |                       |
| 12:30 - 13:30      | Fitness Swim          |
| 13:30 - 14:45      | Lane Swim             |
| 14:45 - 15:50      | Therapeutic Swim      |
| 16:00 - 18:45      | Swim School           |
| 21:00 - 21:45      | Fitness Swim (Adults) |

| Thursday           |               |
|--------------------|---------------|
| Time               | Session       |
| Morning Sessions   |               |
| 07:00 - 08:00      | Fitness Swim  |
| 08:00 - 08:45      | Lane Swim     |
| 09:00 - 10:00      | School Use    |
| 10:20 - 11:20      | School Use    |
| 11:35 - 12:30      | Lane Swim     |
| Afternoon Sessions |               |
| 12:45 - 14:30      | School Use    |
| 14:45 - 15:50      | Relaxaswim    |
| 16:00 - 19:15      | Swim School   |
| Evening Sessions   |               |
| 19:00 - 21:45      | *Swim For All |

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.  
 (L) – Two Lanes used for Swimming Lessons



# Seahaven Swim and Fitness Centre, Newhaven

## Swimming Pool Timetable



| Friday             |                       |
|--------------------|-----------------------|
| Time               | Session               |
| Morning Sessions   |                       |
| 07:00 – 08:00      | Fitness Swim (Adult)  |
| 08:00 - 08:55      | Lane Swim             |
| 09:00 - 10:00      | School Use            |
| 10:15 – 12:30      | <b>*Swim For All</b>  |
| Afternoon Sessions |                       |
| 12:30 - 13:25      | Aqua Fit              |
| 13:30 - 15:30      | Maritime Academy      |
| 16:00 - 18:40      | Swim School           |
| 18:45 – 19:55      | <b>*Swim For All</b>  |
| 21:00 - 21:45      | Fitness Swim (Adults) |

| Saturday           |                              |
|--------------------|------------------------------|
| Time               | Session                      |
| Morning Sessions   |                              |
| 08:00 - 08:50      | Lane Swim (Adult)            |
| 09:00 - 12:40      | Swim School                  |
| Afternoon Sessions |                              |
| 12:45 – 14:45      | <b>* Open Family Swim</b>    |
| 14:50 - 15:45      | <b>* Get Wet &amp; Wacky</b> |

| Sunday             |                           |
|--------------------|---------------------------|
| Time               | Session                   |
| Morning Sessions   |                           |
| 08:00 - 08:50      | Fitness Swim (Adult)      |
| 09:00 - 11:40      | Swim School               |
| 11:45 – 12:45      | <b>*Swim For All</b>      |
| Afternoon Sessions |                           |
| 12:45 - 15:15      | <b>* Open Family Swim</b> |

**Teaching Pool Opening Times:**  
**Monday = 10:30 – 13:00**  
**Tuesday, Wednesday & Friday = 10:30 – 14:30**  
**(Closed on Thursdays)**

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.  
 (L) – Two Lanes used for Swimming Lessons