Seaford Head Pool, Seaford Swimming Pool Timetable

Monday

Time	Session
Afternoon Sessions	
13:05 - 13:50	Lane Swim
Evening Sessions	
17:30 – 18:55	***Swim For All**
19:00 – 19:45	AquaFit

Tuesday

Time	Session
Morning Sessions	
07:00 - 07:55	Fitness Swim (Adult)
07:55 - 08:40	Lane Swim (Adult)
Afternoon Sessions	
13:05 – 13:50	Lane Swim
Evening Sessions	
16:00 – 17:55	***Swim For All**

Wednesday

Time	Session
Morning Sessions	
07:00 – 07:55	Fitness Swim
07:55 – 08:40	Lane Swim
Afternoon Sessions	
13:05 – 13:50	Lane Swim
Evening Sessions	
17:15 – 19:15	***Swim For All**
19:15 – 20:10	Relaxaswim

Thursday

Time	Session
Afternoon Sessions	
13.05 – 13.50	Lane Swim
Evening Sessions	
16:00 – 18:15	***Swim For All**
18:15 – 19:10	Lane Swim

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.

Version 2 Apr 2022

Seaford Head Pool, Seaford Swimming Pool Timetable

Friday

Time	Session
Afternoon Sessions	
13:05 – 13:50	Lane Swim
16:00 – 17:00	60+ Swim
Evening Sessions	
17:00 – 17:55	**Lane Swim**

Saturday

Time	Session
Morning Sessions	
08:00 – 09:00	Fitness Swim (Adult)
09:00 – 10:00	Lane Swim (Adult)
10:00 – 12:30	***Swim For All**
Afternoon Sessions	
12:30 – 14:30	*** Open Family Swim**

Sunday

Time	Session
Morning Sessions	
08:00 – 09:00	Fitness Swim (Adult)
09:00 – 10:00	Lane Swim (Adult)
10:00 – 11:00	***Get Wet & Wacky**
11:00 – 13:30	*** Open Family Swim**
Afternoon Sessions	
13:30 – 14:30	Lane Swim

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