































| Monday            |             |   |                       |
|-------------------|-------------|---|-----------------------|
| Start Time        | Finish Time | Focus   | Session               |
| Morning Session   |             |   |                       |
| 06:00             | 07:00       |  | Fitness Swim (Adults) |
| 07:00             | 08:50       |  | Fitness Swim          |
| 09:00             | 10:00       |  | School Use            |
| 10:15             | 11:15       |  | 60+ Swim              |
| 11:15             | 12:15       |  | Lane Swim             |
| Afternoon Session |             |   |                       |
| 12:20             | 13:30       |  | Fitness Swim (C)      |
| 13:30             | 14:45       |  | Swim for All* (C)     |
| 14:45             | 15:45       |  | Therapeutic Swim      |
| 16:00             | 18:15       |  | Wave Swim School      |
| Evening Session   |             |   |                       |
| 18:30             | 20:30       |  | Lewes Swimming Club   |
| 20:45             | 21:45       |  | Fitness Swim          |

| Tuesday           |             |  |                      |
|-------------------|-------------|--|----------------------|
| Start Time        | Finish Time | Focus  | Session              |
| Morning Session   |             |  |                      |
| 06:00             | 07:00       |  | Fitness Swim (Adult) |
| 07:00             | 08:50       |  | Fitness Swim         |
| 09:00             | 10:00       |  | School Use           |
| 10:15             | 12:15       |  | *Swim For All (L)    |
| Afternoon Session |             |  |                      |
| 12:20             | 13:15       |  | Fitness Swim         |
| 13:30             | 14:30       |  | School Use           |
| 14:45             | 15:45       |  | *Swim For All (C)    |
| 16:00             | 18:15       |  | Wave Swim School     |
| Evening Session   |             |  |                      |
| 18:30             | 19:25       |  | *Swim For All        |
| 19:30             | 20:25       |  | AquaFit              |
| 20:30             | 21:45       |  | Fitness Swim         |










| Wednesday         |             |   |                       |
|-------------------|-------------|---|-----------------------|
| Start Time        | Finish Time | Focus   | Session               |
| Morning Session   |             |   |                       |
| 06:00             | 08:50       |  | Fitness Swim          |
| 09:00             | 10:00       |  | School Use            |
| 10:15             | 12:15       |  | *Wave Swim For All    |
| Afternoon Session |             |   |                       |
| 12:20             | 13:30       |  | Fitness Swim          |
| 13:30             | 14:45       |  | *Swim For All         |
| 14:45             | 15:45       |  | Relaxaswim            |
| 16:00             | 19:00       |  | Wave Swim School      |
| Evening Session   |             |   |                       |
| 19:15             | 20:10       |  | *Swim For All         |
| 20:35             | 21:45       |  | Lane Swim (Adult) (C) |











## Toddler Pool Opening Times






| Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday    | Sunday      |
|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 10:30-14:30 | 10:30-14:30 | 10:30-14:30 | 10:45-14:30 | 10:30-14:30 | 12:30-15:50 | 12:45-14:50 |






The ability to book a session is available, 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. \*Swim For All and Get Wet & Wacky are non bookable sessions, normal admission apply. (L) – Two Lanes used for Swimming Lessons (C) – Up to Two Lanes used for NPLQ Training For full descriptions visit [www.waveleisure.co.uk](http://www.waveleisure.co.uk) . Please note: timetable subject to change.



| Thursday          |             |   |                      |
|-------------------|-------------|---|----------------------|
| Start Time        | Finish Time | Focus   | Session              |
| Morning Session   |             |   |                      |
| 06:00             | 07:00       |  | Fitness Swim (Adult) |
| 07:00             | 08:50       |  | Fitness Swim         |
| 09:00             | 10:30       |  | School Use           |
| 10:45             | 12:15       |  | *Swim For All        |
| Afternoon Session |             |   |                      |
| 12:20             | 13:30       |  | Fitness Swim         |
| 13:30             | 14:30       |  | #This Girl Can Swim  |
| 14:30             | 15:45       |  | *Swim For All        |
| 16:00             | 18:15       |  | Wave Swim School     |
| Evening Session   |             |   |                      |
| 18:30             | 21:00       |  | Lewes Swimming Club  |

| Friday            |             |  |                       |
|-------------------|-------------|--|-----------------------|
| Start Time        | Finish Time | Focus  | Session               |
| Morning Session   |             |  |                       |
| 06:00             | 08:50       |  | Fitness Swim          |
| 09:00             | 10:00       |  | School Use            |
| 10:30             | 11:25       |  | AquaFit               |
| 11:30             | 12:25       |  | Lane Swim             |
| Afternoon Session |             |  |                       |
| 12:30             | 13:30       |  | Fitness Swim          |
| 13:30             | 15:45       |  | *Swim For All         |
| 16:00             | 18:15       |  | Wave Swim School      |
| Evening Session   |             |  |                       |
| 16:00             | 19:25       |  | *Swim For All** (L)   |
| 19:30             | 20:25       |  | Fitness Swim          |
| 20:30             | 21:45       |  | Twilight Swim (Adult) |

| Saturday          |             |   |                      |
|-------------------|-------------|---|----------------------|
| Start Time        | Finish Time | Focus   | Session              |
| Morning Session   |             |   |                      |
| 08:00             | 08:45       |  | Fitness Swim (Adult) |
| 09:00             | 11:15       |  | Wave Swim School     |
| 11:30             | 12:30       |  | *Swim For All        |
| Afternoon Session |             |   |                      |
| 12:30             | 15:50       |  | *Swim For All (F)    |
| 16:00             | 17:00       |  | Party Hire           |
| 17:05             | 17:55       |  | Therapeutic Swim     |









| Sunday            |             |   |                      |
|-------------------|-------------|---|----------------------|
| Start Time        | Finish Time | Focus   | Session              |
| Morning Session   |             |   |                      |
| 08:00             | 08:45       |    | Fitness Swim (Adult) |
| 09:00             | 12:40       |    | Wave Swim School     |
| Afternoon Session |             |   |                      |
| 12:45             | 14:50       |   | *Swim For All (F)    |
| 15:00             | 15:50       |  | *Get Wet & Wacky     |
| 16:00             | 17:00       |  | Party Hire           |
| 17:05             | 17:55       |  | *Swim For All        |

## Flume Opening Times

Our Flume, at Lewes Leisure Centre, is open weekends and school holidays to add to your fun in the pool (F)

| Saturday      | Sunday        |
|---------------|---------------|
| 12:30 - 15:50 | 12:45 - 14:50 |

The ability to book a session is available, 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. \*Swim For All and Get Wet & Wacky are non bookable sessions, normal admission apply. (L) – Two Lanes used for Swimming Lessons (C) – Up to Two Lanes used for NPLQ Training For full descriptions visit [www.waveleisure.co.uk](http://www.waveleisure.co.uk). Please note: timetable subject to change.

|  |   |
|--|---|
|  Aqua Aerobics    |  Fun Session           |
|  Open Swimming    |  Wellness Swim         |
|  Lane Swimming    |  Wave Swim School      |
|  Party Use & Hire |  School & Private Hire |