




























Monday			
Start Time	Finish Time	Focus	Session
<b>Morning Session</b>			
07:00	08:00		Fitness Swim
08:00	08:50		Lane Swim
09:00	10:00		School Use
10:15	11:15		*Swim For All
11:15	12:10		AquaFit
<b>Afternoon Session</b>			
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		Wave Swim School
<b>Evening Session</b>			
19:15	20:30		*Swim For All (L)
20:30	21:45		Fitness Swim (Adult)











Tuesday			
Start Time	Finish Time	Focus	Session
<b>Morning Session</b>			
07:00	08:45		Fitness Swim (Adult)
09:00	10:00		School Use
10:15	12:30		*Swim For All
<b>Afternoon Session</b>			
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		Wave Swim School
<b>Evening Session</b>			
18:30	20:30		*Swim For All
20:30	21:45		Fitness Swim



Wednesday			
Start Time	Finish Time	Focus	Session
<b>Morning Session</b>			
07:00	08:00		Fitness Swim (Adult)
08:00	08:50		Lane Swim
09:00	10:00		School Use
10:15	11:15		60+ Swim
11:15	12:30		*Swim For All
<b>Afternoon Session</b>			
12:30	13:30		Fitness Swim
13:30	14:45		Lane Swim
14:45	15:50		Therapeutic Swim
16:00	18:45		Wave Swim School
<b>Evening Session</b>			
19:00	21:00		Lewes Swimming Club
21:00	21:45		Fitness Swim (Adults)

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

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			
07:00	08:00		Fitness Swim
08:00	08:50		Lane Swim
09:00	10:00		School Use
10:15	11:30		*Swim For All
11:30	12:20		Lane Swim
Afternoon Session			
12:45	14:30		School Use
14:45	15:50		Relaxaswim
16:00	19:15		Wave Swim School
Evening Session			
19:00	21:45		*Swim For All

Friday			
Start Time	Finish Time	Focus	Session
Morning Session			
07:00	08:00		Fitness Swim (Adult)
08:00	08:50		Lane Swim
09:00	10:00		School Use
10:15	12:30		*Swim For All
Afternoon Session			
12:30	13:25		AquaFit
13:30	15:30		Maritime Academy
16:00	18:40		Wave Swim School
Evening Session			
18:45	19:55		*Swim For All
20:00	21:00		Lewes Swimming Club
21:00	21:45		Fitness Swim (Adult)

Saturday			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	08:50		Lane Swim (Adult)
09:00	12:40		Wave Swim School
Afternoon Session			
12:45	14:45		*Swim For All
14:50	15:45		Get Wet & Wacky
16:00	17:00		Party Hire

Sunday			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	08:50		Fitness Swim (Adult)
09:00	11:40		Wave Swim School
Afternoon Session			
11:45	15:15		*Swim For All
15:30	18:30		Lewes Swimming Club

## Teaching Pool Opening Times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30–15:30	10:30–15:30	10:30–15:30	10:30–12:20	10:30–15:30	12:45–14:45	12:45–15:15



Aqua Aerobics



Fun Session



Open Swimming



Wellness Swim



Lane Swimming



Wave Swim School



Party Use & Hire



School & Private Hire

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.