
























Monday			
Start Time	Finish Time	Focus	Session
<b>Morning Session</b>			
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
<b>Afternoon Session</b>			
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
<b>Evening Session</b>			
18:30	20:30		Lewes Swimming Club
20:45	21:45		Fitness Swim

Tuesday			
Start Time	Finish Time	Focus	Session
<b>Morning Session</b>			
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)
<b>Afternoon Session</b>			
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
<b>Evening Session</b>			
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
<b>Morning Session</b>			
06:00	08:50		Fitness Swim
09:00	10:00		School Use
10:15	12:15		*Swim For All
<b>Afternoon Session</b>			
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
<b>Evening Session</b>			
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	10:30-13:15	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.

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

Thursday			
Start Time	Finish Time	Focus	Session
<b>Morning Session</b>			
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
<b>Afternoon Session</b>			
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
<b>Evening Session</b>			
18:30	21:00		Lewes Swimming Club

Friday			
Start Time	Finish Time	Focus	Session
<b>Morning Session</b>			
06:00	08:50		Fitness Swim
09:00	10:00		School Use
10:30	11:25		Aquafit
11:30	12:25		Lane Swim
<b>Afternoon Session</b>			
12:30	13:30		Fitness Swim
13:30	15:45		*Swim For All
16:00	18:15		Wave Swim School
<b>Evening Session</b>			
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
<b>Morning Session</b>			
08:00	08:45		Fitness Swim (Adult)
09:00	11:15		Wave Swim School
11:30	12:30		*Swim For All
<b>Afternoon Session</b>			
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
<b>Morning Session</b>			
08:00	08:45		Fitness Swim (Adult)
09:00	12:40		Wave Swim School
<b>Afternoon Session</b>			
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