

public swimming programme

Arun Leisure Centre

Accurate as of 30/01/2023

Times for Sunday 4 December



| Time | Session | Facility | Level |
|--------------------|---------------------|---------------|-------|
| 7:30 am - 9:00 am | Open Swim (3 lanes) | main pool | |
| 8:00 am - 12:00 pm | Pool Closed | teaching pool | |
| 9:00 am - 12:15 pm | Open Swim (1 lane) | main pool | |
| 12:00 pm - 4:00 pm | Open Swim | teaching pool | |
| 12:15 pm - 4:00 pm | Open Swim (3 lanes) | main pool | |
| 4:00 pm - 5:15 pm | Pool Closed | teaching pool | |
| 4:00 pm - 8:00 pm | Open Swim (1 lane) | main pool | |
| 5:15 pm - 6:00 pm | Open Swim | teaching pool | |
| 6:00 pm - 10:00 pm | Pool Closed | teaching pool | |
| 8:00 pm - 8:30 pm | Open Swim (3 lanes) | main pool | |
| 8:30 pm - 10:00 pm | Pool Closed | main pool | |