

public swimming programme

Arun Leisure Centre

Accurate as of 17/05/2024

Times for Wednesday 17 April



Time	Session	Facility	Level
6:30 am - 9:15 am	Open Swim (3 lanes)	main pool	
9:00 am - 9:15 am	Open Swim	teaching pool	
9:15 am - 10:00 am	Open Swim (half pool)	teaching pool	
9:15 am - 12:45 pm	Pool Closed	main pool	
10:00 am - 2:45 pm	Pool Closed	teaching pool	
12:45 pm - 2:00 pm	Open Swim (3 lanes)	main pool	
2:00 pm - 3:00 pm	GP Referral Hydrospin	main pool	
2:00 pm - 3:00 pm	Open Swim (2 lanes)	main pool	
2:45 pm - 3:40 pm	Open Swim	teaching pool	
3:00 pm - 3:40 pm	Open Swim (3 lanes)	main pool	
3:40 pm - 5:30 pm	Pool Closed	main pool	
3:40 pm - 10:00 pm	Pool Closed	teaching pool	
5:30 pm - 6:00 pm	Open Swim (3 lanes)	main pool	
6:00 pm - 9:00 pm	Open Swim (1 lane)	main pool	