

public swimming programme

Arun Leisure Centre

Accurate as of 02/05/2024

Times for Friday 19 April			
Time	Session	Facility	Level
6:30 am - 9:00 am	Open Swim (3 lanes)	main pool	
9:00 am - 1:15 pm	Pool Closed	teaching pool	
9:00 am - 1:15 pm	Pool Closed	main pool	
1:15 pm - 2:30 pm	Open Swim (3 lanes)	main pool	
1:15 pm - 3:40 pm	Open Swim	teaching pool	
2:30 pm - 3:30 pm	Hydrospin	main pool	
2:30 pm - 3:40 pm	Open Swim (2 lanes)	main pool	
3:40 pm - 6:00 pm	Pool Closed	main pool	
3:40 pm - 10:00 pm	Pool Closed	teaching pool	
6:00 pm - 6:30 pm	Open Swim (2 lanes)	main pool	
6:30 pm - 7:30 pm	Open Swim (3 lanes)	main pool	
7:30 pm - 8:30 pm	Open Swim (1 lane)	main pool	
8:30 pm - 10:00 pm	Pool Closed	main pool	