

public swimming programme

Arun Leisure Centre

Accurate as of 11/09/2026

Times for Friday 11 September			
Time	Session	Facility	Level
6:30 am - 9:00 am	Open Swim (3 lanes)	main pool	
9:00 am - 2:30 pm	Pool Closed	teaching pool	
9:00 am - 2:30 pm	Pool Closed	main pool	
2:30 pm - 3:30 pm	Little Splashers under 8	teaching pool	
2:30 pm - 3:30 pm	Open Swim (1 lane)	main pool	
2:30 pm - 3:30 pm	Hydrospin	main pool	
3:30 pm - 6:00 pm	Pool Closed	main pool	
3:30 pm - 10:00 pm	Pool Closed	teaching pool	
6:00 pm - 6:30 pm	Open Swim (2 lanes)	main pool	
6:30 pm - 8:30 pm	Open Swim (3 lanes)	main pool	
8:30 pm - 10:00 pm	Pool Closed	main pool	