public swimming programme
Littlehampton Wave

Accurate as of 18/04/2024

Times for Wednesday 8 December

Time	Session	Facility	Level
6:30 am - 9:30 am	Adults (16+)	main pool	
9:00 am - 2:30 pm	Open Swim (shared use)	multiuse pool	
9:30 am - 10:30 am	Open Swim	main pool	
11:30 am - 3:30 pm	Open Swim	main pool	
2:30 pm - 3:15 pm	Open Swim	multiuse pool	
3:15 pm - 7:30 pm	Pool Closed	multiuse pool	
3:30 pm - 4:00 pm	Open Swim (shared use)	main pool	
3:30 pm - 7:30 pm	Pool Closed	main pool	
7:35 pm - 8:20 pm	Aqua Aerobics	multiuse pool	
9:00 pm - 10:00 pm	Adults (16+)	main pool	