

# public swimming programme

## Littlehampton Wave

Accurate as of 11/05/2025

Times for Thursday 16 December			
Time	Session	Facility	Level
6:30 am - 9:30 am	Adults (16+)	main pool	
9:30 am - 10:00 am	Open Swim	main pool	
10:00 am - 12:00 pm	Open Swim (shared use)	main pool	
10:00 am - 2:30 pm	Open Swim (shared use)	multiuse pool	
2:30 pm - 3:30 pm	Open Swim	multiuse pool	
3:30 pm - 7:00 pm	Swim School	multiuse pool	
3:30 pm - 8:00 pm	Open Swim (shared use)	main pool	
4:00 pm - 6:30 pm	Swim School	main pool	
8:00 pm - 9:00 pm	Pool Closed - Tuff Fitty Tri Club	main pool	
8:00 pm - 9:00 pm	Adults (16+)	multiuse pool	
9:00 pm - 10:00 pm	Adults (16+)	main pool	