

public swimming programme

Littlehampton Wave

Accurate as of 14/07/2025

Times for Tuesday 25 January



Time	Session	Facility	Level
6:30 am - 9:30 am	Adults (16+)	main pool	
9:00 am - 10:30 am	Open Swim	multiuse pool	
9:30 am - 10:15 am	Aqua Aerobics	main pool	
10:15 am - 12:30 pm	Open Swim (shared use)	main pool	
10:30 am - 1:30 pm	Open Swim (shared use)	multiuse pool	
12:30 pm - 1:30 pm	Open Swim	main pool	
1:30 pm - 2:30 pm	Open Swim (shared use)	main pool	
1:30 pm - 3:30 pm	Open Swim	multiuse pool	
2:30 pm - 3:30 pm	Open Swim	main pool	
4:00 pm - 7:00 pm	Swim School	main pool	
7:15 pm - 8:00 pm	Aqua Aerobics	multiuse pool	