

# public swimming programme

## Littlehampton Wave

Accurate as of 14/07/2025

### Times for Wednesday 26 January



| 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     |       |
| 10:30 am - 11:30 am | Open Swim (shared use) | main pool     |       |
| 11:30 am - 1:00 pm  | Open Swim              | main pool     |       |
| 2:30 pm - 3:15 pm   | Open Swim              | multiuse pool |       |
| 3:15 pm - 6:30 pm   | Swim School            | multiuse pool |       |
| 3:30 pm - 6:00 pm   | Open Swim (shared use) | main pool     |       |
| 4:00 pm - 6:30 pm   | Swim School            | main pool     |       |
| 7:35 pm - 8:20 pm   | Aqua Aerobics          | multiuse pool |       |
| 9:00 pm - 10:00 pm  | Adults (16+)           | main pool     |       |