


# public swimming programme

## Littlehampton Wave

Accurate as of 06/07/2025

Times for Monday 31 January				
Time	Session	Facility	Level	
6:30 am - 9:30 am	Adults (16+)	main pool		
9:00 am - 12:30 pm	Open Swim (half pool)	multiuse pool		
9:30 am - 1:00 pm	Open Swim (shared use)	main pool		
12:30 pm - 3:30 pm	Open Swim	multiuse pool		
1:00 pm - 3:30 pm	Open Swim with Lanes	main pool		
3:30 pm - 7:00 pm	Swim School	multiuse pool		
3:30 pm - 7:30 pm	Open Swim (shared use)	main pool		
6:00 pm - 7:30 pm	Open Swim (shared use)	main pool		
7:00 pm - 9:00 pm	Adults (16+)	multiuse pool		
7:30 pm - 9:00 pm	Pool Closed - Littlehampton Tridents Swimming Club	main pool		