


public swimming programme

Littlehampton Wave

Accurate as of 06/07/2025

Times for Friday 4 February				
Time	Session	Facility	Level	
6:30 am - 9:25 am	Adults (16+)	main pool		
9:00 am - 2:00 pm	Open Swim (shared use)	multiuse pool		
9:30 am - 10:15 am	Aqua Aerobics	main pool		
10:15 am - 12:00 pm	Open Swim (shared use)	main pool		
12:00 pm - 1:15 pm	Open Swim	main pool		
1:15 pm - 2:15 pm	Open Swim (shared use)	main pool		
2:15 pm - 3:30 pm	Open Swim	main pool		
3:00 pm - 3:30 pm	Open Swim	multiuse pool		
3:30 pm - 7:00 pm	Swim School	multiuse pool		
9:00 pm - 10:00 pm	Adults (16+)	multiuse pool		