


public swimming programme

Littlehampton Wave

Accurate as of 18/05/2024

Times for Wednesday 1 May				
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 - 3:30 pm	Open Swim	main pool		
2:30 pm - 3:15 pm	Open Swim	multiuse pool		
3:15 pm - 7:30 pm	Pool Closed	multiuse pool		
3:30 pm - 4:00 pm	Open Swim (shared use)	main pool		
3:30 pm - 7:30 pm	Pool Closed	main pool		
7:30 pm - 9:00 pm	Open Swim	main pool		
7:35 pm - 8:20 pm	Aqua Aerobics	multiuse pool		
8:20 pm - 10:00 pm	Pool Closed	multiuse pool		
9:00 pm - 10:00 pm	Adults (16+)	main pool		