

# public swimming programme

## Littlehampton Wave

Accurate as of 18/05/2024

### Times for Friday 3 May



Time	Session	Facility	Level
6:30 am - 9:25 am	Adults (16+)	main pool	
9:30 am - 10:15 am	Aqua Aerobics	main pool	
10:15 am - 12:00 pm	Open Swim (shared use)	main pool	
11:00 am - 3:00 pm	Open Swim (shared use)	multiuse pool	
12:00 pm - 1:15 pm	Open Swim	main pool	
1:15 pm - 2:15 pm	Open Swim (shared use)	main pool	
2:00 pm - 3:00 pm	Dementia Friendly Swim	multiuse pool	
2:15 pm - 3:30 pm	Open Swim	main pool	
3:00 pm - 3:30 pm	Open Swim	multiuse pool	
3:30 pm - 4:00 pm	Lane Swimming (shared use)	main pool	
3:30 pm - 9:00 pm	Pool Closed	multiuse pool	
4:00 pm - 10:00 pm	Pool Closed	main pool	
9:00 pm - 10:00 pm	Adults (16+)	multiuse pool	