

public swimming programme

Littlehampton Wave

Accurate as of 23/06/2026

Times for Monday 15 June



Time	Session	Facility	Level
6:30 am - 9:30 am	Adults (16+)	main pool	
9:00 am - 10:30 am	Open Swim (half pool)	multiuse 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	
1:30 pm - 2:30 pm	Fun Splash	multiuse pool	
3:30 pm - 7:00 pm	Swim School	multiuse pool	
3:30 pm - 7:30 pm	Open Swim (shared use)	main pool	
4:00 pm - 6:00 pm	Swim School	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	
9:00 pm - 10:00 pm	Adults (16+)	main pool	