

# public swimming programme

## Littlehampton Wave

Accurate as of 23/06/2026

### Times for Friday 19 June



| 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 - 2:30 pm   | Open Swim (shared use)                             | main pool     |       |
| 2:00 pm - 3:00 pm   | Dementia Friendly Swim (pool depth 1.2m)           | multiuse pool |       |
| 2:00 pm - 3:00 pm   | Shared Use (pool depth 1.2 m)                      | 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 - 7:00 pm   | Swim School  | multiuse pool |       |
| 4:00 pm - 7:00 pm   | Swim School  | main pool     |       |
| 4:00 pm - 7:00 pm   | Open Swim (half pool)                              | main pool     |       |
| 7:00 pm - 10:00 pm  | Pool Closed - Littlehampton Tridents Swimming Club | main pool     |       |
| 9:00 pm - 10:00 pm  | Adults (16+)                                       | multiuse pool |       |