

public swimming times

Hailsham Leisure Centre

Accurate as of 01/10/2026

Times for Thursday 1 October



Time	Session	Facility
6:30 am - 9:00 am	Adult Lanes	indoor pool (25m)
9:00 am - 9:45 am	Open Swim (1 lane)	indoor pool (25m)
9:30 am - 11:30 am	Swim School	teaching pool (5m)
9:45 am - 10:30 am	Aqua Rehab Course	indoor pool (25m)
10:45 am - 11:30 am	Aqua Aerobics	indoor pool (25m)
10:45 am - 11:30 am	Aqua Rehab Course	Flume Pool (5.0m)
11:30 am - 12:15 pm	Open Swim	indoor pool (25m)
11:30 am - 3:00 pm	Toddler Splash (Parent & Under 5 yrs)	teaching pool (5m)
12:15 pm - 1:15 pm	Lane Swimming	indoor pool (25m)
1:15 pm - 3:30 pm	Open Swim	indoor pool (25m)
3:45 pm - 6:15 pm	Swim School	indoor pool (25m)
6:30 pm - 7:15 pm	Aqua Aerobics	indoor pool (25m)
7:15 pm - 8:30 pm	Open Swim (1 lane)	indoor pool (25m)
8:30 pm - 10:00 pm	Lane Swimming	indoor pool (25m)