

Seaford Head Pool, Seaford Swimming Pool Timetable

Monday	
Time	Session
Afternoon Sessions	
13:05 - 13:50	Lane Swim
Evening Sessions	
17:30 – 18:55	*Swim For All
19:00 – 19:45	AquaFit

Tuesday	
Time	Session
Morning Sessions	
07:00 - 07:55	Fitness Swim (Adult)
07:55 - 08:40	Lane Swim (Adult)
Afternoon Sessions	
13:05 – 13:50	Lane Swim
Evening Sessions	
16:00 – 17:55	*Swim For All

Wednesday	
Time	Session
Morning Sessions	
07:00 – 07:55	Fitness Swim
07:55 – 08:40	Lane Swim
Afternoon Sessions	
13:05 – 13:50	Lane Swim
Evening Sessions	
17:15 – 19:15	*Swim For All**
18:30 – 19:15	AquaFit**
19:15 – 20:10	Relaxaswim

Thursday	
Time	Session
Afternoon Sessions	
13.05 – 13.50	Lane Swim
Evening Sessions	
16:00 – 18:00	Swim School
18:15 – 19:10	Lane Swim

**AquaFit class starts from Wednesday 30 November 2022. **Swim For All in deep end only due to AquaFit in shallow end. The ability to book a session will still be in place, however you can just turn up if space is available to attend. Fitness Swim and Lane Swim are not suitable for children under the age of 11 years. Please note: timetable subject to change. *Swim For All, Open Family Swim and Get Wet & Wacky are non bookable sessions, normal admission rules apply.

Seaford Head Pool, Seaford Swimming Pool Timetable

Friday	
Time	Session
Afternoon Sessions	
13:05 – 13:50	Lane Swim
16:00 – 17:00	60+ Swim
Evening Sessions	
17:00 – 17:55	Lane Swim

Saturday	
Time	Session
Morning Sessions	
08:00 – 09:00	Fitness Swim (Adult)
09:00 – 10:00	Lane Swim (Adult)
10:00 – 12:30	*Swim For All
Afternoon Sessions	
12:30 – 14:30	* Open Family Swim

Sunday	
Time	Session
Morning Sessions	
08:00 – 09:00	Fitness Swim (Adult)
09:00 – 10:00	Lane Swim (Adult)
10:00 – 11:00	*Get Wet & Wacky
11:00 – 13:30	* Open Family Swim
Afternoon Sessions	
13:30 – 14:30	Lane Swim

The ability to book a session will still be in place, however you can just turn up if space is available to attend. Fitness Swim and Lane Swim are not suitable for children under the age of 11 years. Please note: timetable subject to change. *Swim For All, Open Family Swim and Get Wet & Wacky are non bookable sessions, normal admission rules apply.