



wave
Live life

Seahaven Swim and Fitness Centre, Newhaven

Swimming Pool Timetable



wave
Live life

Monday	
Time	Session
Morning Sessions	
07:00 - 08:00	Fitness Swim
08:00 - 08:55	Lane Swim
09:00 - 11:15	*Swim For All
11:15 - 12:10	Aqua Fit
Afternoon Sessions	
12:15 - 13:25	*Swim For All (L)
13:25 - 15:50	*Swim For All
16:00 - 19:25	Swim School
Evening Sessions	
19:15 - 20:30	*Swim For All (L)
20:30 - 21:45	Fitness Swim (Adults)

Tuesday	
Time	Session
Morning Sessions	
07:00 - 08:55	Fitness Swim (Adult)
09:00 - 12:30	*Swim For All
Afternoon Sessions	
12:30 - 13:30	Fitness Swim
13:30 - 15:50	*Swim For All (L)
16:00 - 19:45	Swim School
Evening Sessions	
18:30 - 20:30	*Swim For All (L)
20:30 - 21:45	Fitness Swim

Wednesday	
Time	Session
Morning Sessions	
07:00 - 08:00	Fitness Swim (Adult)
08:00 - 08:55	Lane Swim
09:00 - 10:00	*Swim For All
10:15 - 11:15	60+ Swim
11:15 - 12:30	*Swim For All
Afternoon Sessions	
12:30 - 13:30	Fitness Swim
13:30 - 14:45	Lane Swim
14:45 - 15:50	*Swim For All
16:00 - 18:45	Swim School
21:00 - 21:45	Fitness Swim (Adults)

Thursday	
Time	Session
Morning Sessions	
07:00 - 08:00	Fitness Swim
08:00 - 08:45	Lane Swim
09:00 - 11:35	*Swim For All
11:35 - 12:30	Lane Swim
Afternoon Sessions	
12:30 - 15:45	*Swim For All
16:00 - 19:15	Swim School
Evening Sessions	
19:00 - 21:45	*Swim For All

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.
(L) – Two Lanes used for Swimming Lessons



Seahaven Swim and Fitness Centre, Newhaven

Swimming Pool Timetable



Friday	
Time	Session
Morning Sessions	
07:00 – 08:00	Fitness Swim (Adult)
08:00 - 08:55	Lane Swim
09:00 – 12:30	*Swim For All
Afternoon Sessions	
12:30 - 13:25	Aqua Fit
13:30 - 15:30	Maritime Academy
16:00 - 18:40	Swim School
18:45 – 21:00	*Swim For All
21:00 - 21:45	Fitness Swim (Adults)

Saturday	
Time	Session
Morning Sessions	
08:00 - 08:50	Lane Swim (Adult)
09:00 - 12:40	Swim School
Afternoon Sessions	
12:45 – 14:45	*Swim For All
14:50 - 15:45	*Get Wet & Wacky

Sunday	
Time	Session
Morning Sessions	
08:00 - 08:50	Fitness Swim (Adult)
09:00 - 11:40	Swim School
11:45 – 12:45	*Swim For All
Afternoon Sessions	
12:45 - 15:15	*Swim For All

Toddler/ Teaching Pool Opening Times:

- Monday = 10:30 – 13:00
- Tuesday = 10:30 – 14:30
- Wednesday = 10:30 – 14:30
- Thursday = 10:30 – 14:30
- Friday = 10:30 – 14:30
- Saturday = 12:45 – 14:45
- Sunday = 12:45 – 15:15

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.
 (L) – Two Lanes used for Swimming Lessons