



wave  
Live life

# Lewes Leisure Centre Swimming Pool Timetable February Half Term 2023



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Live life

Monday	
Time	Session
Morning Sessions	
06:00 – 07:00	Fitness Swim (Adult)
07:00 – 08:50	Fitness Swim
09:00 - 10:00	<b>*Swim For All</b>
10:15 - 11:15	60+ Swim
11:15 - 12:15	Lane Swim
Afternoon Sessions	
12:20 - 13:30	Fitness Swim
13:30 - 14:45	<b>*Swim For All (C)</b>
14:45 - 15:45	NPLQ Course
16:00 - 18:15	Swim School
Evening Sessions	
20:45 - 21:45	Fitness Swim

Tuesday	
Time	Session
Morning Sessions	
06:00 – 07:00	Fitness Swim (Adult)
07:00 – 08:50	Fitness Swim
09:00 - 12:15	<b>*Swim For All (L)</b>
Afternoon Sessions	
12:20 - 13:20	Fitness Swim
13:30 – 14:30	NPLQ Course
14:30 - 15:45	<b>*Swim For All (C)</b>
16:00 - 18:15	Swim School
Evening Sessions	
18:30 - 19:25	<b>*Swim For All</b>
19:30 – 20:25	AquaFit
20:30 - 21:45	Fitness Swim

Wednesday	
Time	Session
Morning Sessions	
06:00 – 08:50	Fitness Swim
09:00 - 10:00	NPLQ Course
10:00 - 12:15	<b>*Swim For All (C)</b>
Afternoon Sessions	
12:20 - 13:30	Fitness Swim
13:30 - 15:45	<b>*Swim For All</b>
16:00 - 19:00	Swim School
Evening Sessions	
19:15 - 20:10	<b>*Swim For All</b>
20:15 - 21:45	Lane Swim (Adult)

Thursday	
Time	Session
Morning Sessions	
06:00 – 07:00	Fitness Swim (Adult)
07:00 – 08:50	Fitness Swim
09:00 - 10:30	NPLQ Course
10:30 - 12:15	<b>*Swim For All (C)</b>
Afternoon Sessions	
12:20 - 13:30	Fitness Swim
13:30 - 15:45	<b>*Swim For All</b>
16:00 - 18:15	Swim School

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) – Lane used for Swimming Lessons (C) – Three Lanes used for NPLQ Course

# Lewes Leisure Centre Swimming Pool Timetable February Half Term 2023

Friday	
Time	Session
Morning Sessions	
06:00 – 08:50	Fitness Swim
09:00 - 10:25	*Swim For All
10:30 - 11:25	AquaFit
11:30 - 12:25	Lane Swim
Afternoon Sessions	
12:30 - 13:30	Fitness Swim
13:30 – 15:45	*Swim For All (C)
16:00 - 18:15	Swim School
Evening Sessions	
18:30 - 19:25	*Swim For All
19:30 - 20:25	Fitness Swim
20:30 - 21:45	Twilight Swim (Adult)

Saturday	
Time	Session
Morning Sessions	
08:00 - 08:45	Lane Swim (Adult)
09:00 - 11:15	Swim School
11:30 - 12:30	*Swim For All
Afternoon Sessions	
12:30 – 15:50	▲ * Swim For All (C)
16:00 – 17:00	Party Hire (Pre-Bookable)
17:05 – 17:55	Therapeutic Swim

Sunday	
Time	Session
Morning Sessions	
08:00 - 8.45	Lane Swim (Adult)
09:00 - 12:40	Swim School
Afternoon Sessions	
12:45 – 14:50	▲ * Swim For All
15:00 – 15:50	*Get Wet & Wacky
16:00 – 17:00	Party Hire (Pre-Bookable)
17:05 – 17:55	*Swim For All

## Toddler Pool Opening Times:

Monday = 14:00 – 15:00

Tuesday = 10:30 – 13:15

Wednesday = 13:30 – 15:00

Thursday = 10:45 – 11:30

Friday = 10:30 – 14:30

Saturday = 12:30 – 15:50

Sunday = 12.45 – 14:50

▲ Flume Available during these sessions.

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(L) – Lane used for Swimming Lessons

(C) – Three Lanes used for NPLQ Course