

# public swimming programme

## Arun Leisure Centre

Accurate as of 18/05/2024

### Times for Monday 13 January



Time	Session	Facility	Level
6:30 am - 9:30 am	Open Swim	main pool	
6:30 am - 9:30 am	Training Lane	main pool	
9:00 am - 9:30 am	Open Swim	teaching pool	
9:30 am - 10:15 am	Aqua Aerobics	main pool	
9:30 am - 10:15 am	Pool Closed	main pool	
9:30 am - 11:00 am	Open Swim (half pool)	teaching pool	
10:15 am - 12:30 pm	Open Swim	main pool	
11:00 am - 12:30 pm	Pool Closed	teaching pool	
12:30 pm - 1:30 pm	Open Swim (half pool)	main pool	
12:30 pm - 1:30 pm	Open Swim (half pool)	teaching pool	
1:30 pm - 3:30 pm	Open Swim	main pool	
1:30 pm - 3:30 pm	Open Swim	teaching pool	
3:30 pm - 6:00 pm	Swim School	main pool	
3:30 pm - 6:30 pm	Pool Closed	teaching pool	
3:30 pm - 7:15 pm	Open Swim (half pool)	main pool	
6:15 pm - 7:00 pm	Hydrospin	main pool	
6:30 pm - 7:30 pm	Open Swim (half pool)	teaching pool	
7:15 pm - 8:00 pm	Aqua Aerobics	main pool	
7:15 pm - 8:00 pm	Open Swim (mid to deep end only)	main pool	
8:00 pm - 9:00 pm	Adult Swim	main pool	