

public swimming programme

Arun Leisure Centre

Accurate as of 18/05/2024

Times for Tuesday 14 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 - 12:30 pm	Pool Closed	teaching pool	
9:30 am - 10:15 am	Aqua Aerobics	main pool	
9:30 am - 10:15 am	Pool Closed	main pool	
10:15 am - 11:30 am	Open Swim	main pool	
11:30 am - 2:30 pm	Open Swim (half pool)	main pool	
12:30 pm - 1:00 pm	Open Swim (half pool)	teaching pool	
1:00 pm - 3:30 pm	Open Swim	teaching pool	
2:30 pm - 3:30 pm	Open Swim	main pool	
3:30 pm - 6:30 pm	Pool Closed	teaching pool	
3:30 pm - 7:30 pm	Open Swim (half pool)	main pool	
6:30 pm - 7:30 pm	Open Swim	teaching pool	
7:30 pm - 8:00 pm	Open Swim	main pool	
8:00 pm - 10:00 pm	Adult Swim	main pool	