

# public swimming programme

## Arun Leisure Centre

Accurate as of 18/05/2024

### Times for Thursday 16 January



Time	Session	Facility	Level
6:30 am - 9:15 am	Open Swim	main pool	
6:30 am - 9:15 am	Training Lane	main pool	
9:00 am - 12:30 pm	Pool Closed	teaching pool	
9:15 am - 11:00 am	Aqua Aerobics	main pool	
9:15 am - 11:00 am	Pool Closed	main pool	
11:00 am - 1:00 pm	Open Swim	main pool	
12:30 pm - 2:00 pm	Adult Lessons	main pool	
12:30 pm - 2:30 pm	Open Swim (half pool)	teaching pool	
1:00 pm - 3:00 pm	Open Swim (mid to deep end only)	main pool	
1:00 pm - 3:00 pm	Lane Swimming	main pool	
2:30 pm - 3:30 pm	Open Swim	teaching pool	
3:00 pm - 3:30 pm	Open Swim	main pool	
3:30 pm - 6:30 pm	Pool Closed	teaching pool	
3:30 pm - 9:00 pm	Open Swim (half pool)	main pool	
3:30 pm - 9:00 pm	Swim School	main pool	
6:30 pm - 7:30 pm	Open Swim	teaching pool	
8:00 pm - 9:00 pm	Adult Swim	main pool	