

public swimming programme

Arun Leisure Centre

Accurate as of 03/05/2024

Times for Monday 20 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 | |