public swimming programme
Arun Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 22 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 - 12:00 pm	Pool Closed	teaching pool	
9:30 am - 10:30 am	Open Swim (half pool)	main pool	
9:30 am - 10:30 am	Adult Lessons	main pool	
10:30 am - 12:30 pm	Pool Closed	main pool	
12:00 pm - 2:00 pm	Open Swim (half pool)	teaching pool	
12:30 pm - 2:00 pm	Open Swim	main pool	
2:00 pm - 2:45 pm	GP Referral Hydrospin	main pool	
2:00 pm - 3:30 pm	Open Swim	teaching pool	
2:00 pm - 9:00 pm	Open Swim (half pool)	main pool	
3:00 pm - 9:00 pm	Swim School	main pool	
3:30 pm - 6:30 pm	Pool Closed	teaching pool	
6:30 pm - 7:30 pm	Open Swim	teaching pool	