

# public swimming programme

## Arun Leisure Centre

Accurate as of 03/05/2024

Times for Friday 24 January			
Time	Session	Facility	Level
6:30 am - 9:00 am	Open Swim	main pool	
6:30 am - 9:00 am	Training Lane	main pool	
9:00 am - 2:15 pm	Pool Closed	main pool	
9:00 am - 2:15 pm	Pool Closed	teaching pool	
2:15 pm - 3:00 pm	GP Referral Hydrospin	main pool	
2:15 pm - 3:30 pm	Open Swim	main pool	
2:15 pm - 3:30 pm	Open Swim	teaching pool	
3:30 pm - 6:30 pm	Pool Closed	teaching pool	
3:30 pm - 7:00 pm	Open Swim (half pool)	main pool	
3:30 pm - 7:00 pm	Swim School	main pool	
6:30 pm - 7:30 pm	Open Swim	teaching pool	
7:00 pm - 7:30 pm	Open Swim	main pool	
7:30 pm - 9:00 pm	Open Swim (half pool)	main pool	