

# public swimming programme

## Arun Leisure Centre

Accurate as of 29/04/2024

### Times for Friday 29 March



Time	Session	Facility	Level
6:30 am - 2:30 pm	Open Swim (3 lanes)	main pool	
9:00 am - 4:00 pm	Open Swim	teaching pool	
2:30 pm - 3:30 pm	Hydrospin	main pool	
2:30 pm - 4:00 pm	Open Swim (2 lanes)	main pool	
4:00 pm - 10:00 pm	Pool Closed	teaching pool	
4:00 pm - 10:00 pm	Pool Closed	main pool	