

# public swimming times

## Uckfield Leisure Centre

Accurate as of 07/05/2024

Times for Thursday 19 October			
Time	Session	Facility	
6:30 am - 9:00 am	Lane Swimming	Leisure Pool (25m)	
7:00 am - 10:00 am	Parent & Toddler (under 5s)	Leisure Pool (25m)	
10:00 am - 11:00 am	Adults & Under 5s (Drop in)	Leisure Pool (25m)	
11:00 am - 12:30 pm	Open Swim	Leisure Pool (25m)	
11:00 am - 1:00 pm	Swim School	Leisure Pool (25m)	
1:00 pm - 3:45 pm	Parent & Toddler (under 5s)	Leisure Pool (25m)	
2:45 pm - 3:30 pm	Water Therapy	Leisure Pool (25m)	
3:45 pm - 6:15 pm	Swim School	Leisure Pool (25m)	
6:15 pm - 8:00 pm	Open Swim (1 lane)	Leisure Pool (25m)	
8:00 pm - 10:00 pm	Lane Swimming (3 lanes)	Leisure Pool (25m)	