

Westgate Leisure Centre

Main Pool Term-Time Programme

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00		Clubs		Clubs				07:00
08:00		Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone		Clubs	08:00
09:00	Schools							09:00
10:00	Swim 4 Everyone	Schools	Aqua Class	Schools	Schools	Swim 4 Everyone (Finishes at 11:45)	Swim Lessons	10:00
11:00	Aqua Class		Deep Water Aqua					11:00
12:00								12:00
13:00	Swim 4 Fitness (12:05 - 13:55)	Swim 4 Fitness (12:05 - 13:55)	Swim 4 Fitness (12:05 - 13:55)	Swim 4 Fitness (12:05 - 13:55)	Swim 4 Fitness (12:05 - 13:55)	Wet & Wild		13:00
14:00	Swim 4 Everyone (Finishes at 16:25)	Swim 4 Everyone					Swim 4 Everyone	14:00
15:00		University	Swim 4 Everyone	Swim 4 Everyone	Aqua Class			15:00
16:00								16:00
17:00	Swim Lessons	Clubs	Swim Lessons	Swim Lessons	Swim Lessons	Sussex Otters		17:00
18:00		Swim 4 Everyone						18:00
19:00	Clubs	Swim 4 Fitness	Clubs	Clubs	Clubs	Swim 4 Everyone		19:00
20:00								20:00
21:00	Swim 4 Fitness	Clubs	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness			21:00
22:00								22:00

Children under 8 years old must be accompanied by a parent/guardian or adult over 18 years, with a maximum of 2 children per 1 adult in all pools and for children under 5, 1 child per 1 adult when in the main pool.

A band system will be in use during all public sessions.

This centre has a disabled hoist available.

Lockers require a £1 coin.

Please note: The waterslide will be open at 12:00 Mon, Tue, Fri, 15:00 on Thu, 10:30 on Sat & 09:30 Sun. (09:30 Mon-Sun during holidays). Slide closed during Lessons and Leisure Pool Aqua sessions.