

## August Sessions

### Thursday 1st August

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Session	Start	Finish
Lane Swim	07:30	08:30
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Just Water & Me	17:00	18:00
Lane Swim	18:00	19:00
Late Swallows	19:00	21:00

### Friday 2nd August

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Session	Start	Finish
Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	18:30	19:30

### Saturday 3rd August

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Session	Start	Finish
Functional fitness with Jacob	08:00	09:00
Lane Swim	08:00	09:00
Beginners swim Lesson	08:30	09:00
Intermediate Swim Lesson	09:00	09:30
Advanced Swim Lesson	09:00	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

### Sunday 4th August

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Session	Start	Finish
SEND Session	09:00	10:00
Sid the Sub Open Session	10:00	13:00
Open Session	13:30	16:30
Naturist Swim	17:00	20:00

## August Sessions

### Monday 5th August

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Session	Start	Finish
Early Birds	06:30	09:00
Just Water & Me	09:00	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Just Water & Me	17:00	18:00
Lane Swim	18:15	19:15

### Tuesday 6th August

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Session	Start	Finish
Lane Swim	07:30	08:30
Aqua Aerobics	09:00	09:45
Open Session	10:00	13:00
Open Session	13:30	16:30
Just Water & Me	17:00	18:00
Lane Swim	18:00	19:00
Late Swallows	19:00	21:00

### Wednesday 7th August

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Session	Start	Finish
Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Just Water & Me	17:00	18:00
Aqua Aerobics	18:15	19:00
Run Club With Jacob	18:30	
Serinity Sound Bath	19:15	20:15

### Thursday 8th August

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Session	Start	Finish
Lane Swim	07:30	08:30
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Mermaid Swim	17:15	19:00

## August Sessions

Late Swallows 19:00 21:00

### Friday 9th August

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Session	Start	Finish
Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	18:30	19:30

### Saturday 10th August

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Session	Start	Finish
Functional fitness with Jacob	08:00	09:00
Lane Swim	08:00	09:00
Beginners swim Lesson	08:30	09:00
Intermediate Swim Lesson	09:00	09:30
Advanced Swim Lesson	09:00	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

### Sunday 11th August

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Session	Start	Finish
SEND Session	09:00	10:00
Sid the Sub Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

### Monday 12th August

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Session	Start	Finish
Early Birds	06:30	09:00
Staff Training	09:00	11:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Just Water & Me	17:00	18:00
Lane Swim	18:15	19:15

## August Sessions

### Tuesday 13th August

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Session	Start	Finish
Lane Swim	07:30	08:30
Aqua Aerobics	09:00	09:45
Open Session	10:00	13:00
Open Session	13:30	16:30
Just Water & Me	17:00	18:00
Lane Swim	18:00	19:00
Late Swallows	19:00	21:00

### Wednesday 14th August

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Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Just Water & Me	17:00	18:00
Aqua Aerobics	18:15	19:00
Run Club With Jacob	18:30	
Lane Swim	19:15	20:15

### Thursday 15th August

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Lane Swim	07:30	08:30
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Mermaid Swim	17:15	19:00
Late Swallows	19:00	21:00

### Friday 16th August

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Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30

## August Sessions

Lane Swim	18:30	19:30
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### Saturday 17th August

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Functional fitness with Jacob	08:00	09:00
Lane Swim	08:00	09:00
Beginners swim Lesson	08:30	09:00
Intermediate Swim Lesson	09:00	09:30
Advanced Swim Lesson	09:00	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

### Sunday 18th August

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SEND Session	09:00	10:00
Sid the Sub Open Session	10:00	13:00
Open Session	13:30	16:30
Just Water & Me	17:00	18:00
Lane Swim	18:00	19:00

### Monday 19th August

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Early Birds	06:30	09:00
Just Water & Me	09:00	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	19:15	20:15

### Tuesday 20th August

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Lane Swim	07:30	08:30
Aqua Aerobics	09:00	09:45
Open Session	10:00	13:00
Open Session	13:30	16:30
Just Water & Me	17:00	18:00
Lane Swim	18:00	19:00
Late Swallows	19:00	21:00

### Wednesday 21st August

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Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00

## August Sessions

Open Session	10:00	13:00
Open Session	13:30	16:30
Aqua Aerobics	18:15	19:00
Run Club With Jacob	18:30	
Lane Swim	19:15	20:15

### Thursday 22nd August

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Lane Swim	07:30	08:30
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Mermaid Swim	17:15	19:00
Late Swallows	19:00	21:00

### Friday 23rd August

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Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	18:30	19:30

### Saturday 24th August

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Functional fitness with Jacob	08:00	09:00
Lane Swim	08:00	09:00
Beginners swim Lesson	08:30	09:00
Intermediate Swim Lesson	09:00	09:30
Advanced Swim Lesson	09:00	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30

### Sunday 25th August

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SEND Session	09:00	10:00
Sid the Sub Open Session	10:00	13:00
Open Session	13:30	16:30

### Monday 26th August

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## August Sessions

Early Birds	06:30	09:00
Just Water & Me	09:00	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	18:15	19:15

### **Tuesday 27th August**

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Lane Swim	07:30	08:30
Aqua Aerobics	09:00	09:45
Open Session	10:00	13:00
Open Session	13:30	16:30
Just Water & Me	17:00	18:00
Lane Swim	18:00	19:00
Late Swallows	19:00	21:00

### **Wednesday 28th August**

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Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Just Water & Me	17:00	18:00
Aqua Aerobics	18:15	19:00
Run Club With Jacob	18:30	
Sireny Sound Bath	19:15	20:15

### **Thursday 29th August**

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Lane Swim	07:30	08:30
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Mermaid Swim	17:15	19:00
Late Swallows	19:00	21:00

### **Friday 30th August**

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Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30

## August Sessions

Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	18:30	19:30

### **Saturday 31st August**

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Functional fitness with Jacob	08:00	09:00
Lane Swim	08:00	09:00
Beginners swim Lesson	08:30	09:00
Intermediate Swim Lesson	09:00	09:30
Advanced Swim Lesson	09:00	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00
Mermaid Swims	18:15	20:00



## September Sessions

### Sunday 1st September

Session	Start	Finish
Lane Swim - 3 lanes	07:30	08:30
SEND Session	09:00	10:00
Sid the Sub & Open Session	10:00	13:00
Open Session	13:00	16:30
Naturist Swim (Adults Only)	17:00	20:00

### Monday 2nd September

Session	Start	Finish
Early Birds	06:30	09:30
Just Water & Me	09:45	10:45
Open Session	11:00	14:00
Open Session	14:30	17:30
Sound Bath	18:30	19:30

### Tuesday 3rd September

Session	Start	Finish
Lane Swim	07:30	08:30
Last Aqua Aerobics	09:00	09:45
Parent & Baby Swim Lessons 0-6months 6-12 months	10:00	10:30
Toddler & Parent Swim Lessons 12 - 24 months 24 - 48 months	10:30	11:00
Just Water & Me	12:00	13:00
Lane Swim	13:15	14:15
Open Session	14:30	17:30
Just Water & Me	17:45	18:45
Late Swallows	19:00	21:00

£1 per child, every child must be accompanied in the water with an adult

### Wednesday 4th September

Session	Start	Finish
Early Birds	06:30	09:30
Parent & Baby Swim Lessons 0-6months 6-12 months	10:00	10:30
Toddler & Parent Swim Lessons 12 - 24 months 24 - 48 months	10:30	11:00
Just Water & Me	12:15	13:15
Lane Swim	13:30	14:30
Open Session	15:00	18:00
Last Aqua Aerobics	18:15	19:00

£1 per child, every child must be accompanied in the water with an adult

## September Sessions

### Thursday 5th September

Session	Start	Finish	
Lane Swim	07:30	08:30	
Just Water & Me	08:45	09:45	
Parent & Baby Swim Lessons 0-6 months	10:00	10:30	£1 per child, every child must be accompanied in the water with an adult
Toddler & Parent Swim Lessons 12 - 24 months	10:30	11:00	
Lane Swim	12:30	13:30	
Open Session	14:00	17:00	
Mermaids	17:15	19:00	Book via Southcoast Mermaids
Late Swallows	19:00	21:00	

### Friday 6th September

Session	Start	Finish	
Early Birds	06:30	09:30	
Parent & Baby Swim Lessons 0-6 months	10:00	10:30	£1 per child, every child must be accompanied in the water with an adult
Toddler & Parent Swim Lessons 12 - 24 months	10:30	11:00	
Just Water & Me	12:15	13:15	
Lane Swim	13:30	14:30	
Open Session	15:00	18:00	
Lane Swim	18:30	19:30	

### Saturday 7th September

Session	Start	Finish
Functional Fitness with Jacob	08:00	09:00
Lane Swim	08:00	09:00
Beginners Swim Lesson	08:30	09:00
Intermediate/Advance Swim Lessons	09:00	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

### Sunday 8th September

Session	Start	Finish
SEND Session	09:00	10:00
Sid the Sub & Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

## September Sessions

### Monday 9th September

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Session	Start	Finish
Early Birds	06:30	09:30
Just Water & Me	11:30	12:30
Lane Swim	12:45	13:45
Just Water & Me	14:00	15:00
Open Session	15:30	18:30
Womens Water Polo	19:00	20:00

### Tuesday 10th September

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Session	Start	Finish
Lane Swim	07:30	08:30
Just Water & Me	08:45	09:45
Open Session	10:00	13:00
Lane Swim	13:00	14:00
Just Water & Me	14:15	15:15
Open Session	15:30	18:30
Late Swallow	19:00	21:00

### Wednesday 11th September

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Session	Start	Finish
Early Birds	06:30	09:30
Open Session	10:00	13:00
Lane Swim	13:00	14:00
Just Water & Me	14:15	15:15
Open Session	15:30	18:30
Lane Swim	19:00	20:00

### Thursday 12th September

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Session	Start	Finish
Lane Swim	07:30	08:30
Just Water & Me	08:45	09:45
Open Session	10:00	13:00
Lane Swim	13:15	14:15
Just Water & Me	14:30	15:30
Open Session	15:30	18:30
Late Swallows	19:00	21:00

### Friday 13th September

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Session	Start	Finish
Early Birds	06:30	09:30

## September Sessions

Open Session	10:00	13:00
Lane Swim	13:15	14:15
Just Water & Me	14:30	15:30
Open Session	15:30	18:30
Lane Swim	19:00	20:00

### Saturday 14th September

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Session	Start	Finish
Functional Fitness with Jacob	08:00	09:00
Lane Swim	08:00	09:00
Beginners Swim Lessons	08:30	09:00
Intermediate/Advance Swim Lessons	09:00	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30

### Sunday 15th September

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Session	Start	Finish
SEND Session	09:00	10:00
Sid the Sub & Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

### Monday 16th September

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Session	Start	Finish
Early Birds	06:30	09:30
Just Water & Me	09:45	10:45
Open Session	11:00	14:00
Open Session	11:00	14:00
Lane Swim	14:15	15:15
Open Session	15:30	18:30
Womens Water Polo	19:00	20:00

### Tuesday 17th September

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Session	Start	Finish
Lane Swim	07:30	08:30
Aqua Aerobics	09:00	09:45
Just Water & Me	10:00	11:00
Open Session	11:00	14:00
Lane Swim	14:15	15:15
Open Session	15:30	18:30
Late Swallows	19:00	21:00

## September Sessions

### Wednesday 18th September

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Session	Start	Finish
Early Birds	06:30	09:30
Just Water & Me	09:45	10:45
Open Session	11:00	14:00
Lane Swim	14:15	15:15
Open Session	15:30	18:30
Lane Swim	19:00	20:00

### Thursday 19th September

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Session	Start	Finish
Lane Swim	07:30	08:30
Just water & Me	08:45	09:45
Open Session	10:00	13:00
Lane Swim	13:15	14:15
Just water & Me	14:30	15:30
Open Session	15:30	18:30
Late Swallows	19:00	21:00

### Saturday 20th July

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Session	Start	Finish
Early Birds	06:30	09:30
Just Water & Me	09:45	10:45
Open Session	11:00	13:00
Lane Swim	14:15	15:15
Open Session	15:30	18:30
Lane Swim	19:00	20:00

### Saturday 21st September

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Session	Start	Finish
Functional Fitness with Jacob	08:00	09:00
Lane Swim	08:00	09:00
Beginners Swim Lessons	08:30	09:00
Intermediate/Advance Swim Lessons	09:00	09:30
Thank you day Members, Sponsors & Friends	10:00	16:00
Lane Swim	16:30	17:30

### Sunday 22nd September

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Session	Start	Finish
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## September Sessions

SEND sessions	09:00	10:00
Sid the Sub & Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

### Monday 23rd September

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Session	Start	Finish
Early Birds	06:30	09:30
Just Water & Me	09:45	10:45
Open Session	11:00	14:00
Lane Swim	14:15	15:15
Open Session	15:15	18:30
Womens Water Polo	19:00	20:00

### Tuesday 24th September

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Session	Start	Finish
Lane Swim	07:30	08:30
Just Water & Me	08:45	09:45
Open Session	10:00	13:00
Lane Swim	13:15	14:15
Just Water & Me	14:30	15:30
Open Session	15:30	18:30
Late Swallows	19:00	21:00

### Wednesday 25th September

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Session	Start	Finish
Early Birds	06:00	09:30
Just Water & Me	09:45	10:45
Open Session	11:00	14:00
Lane Swim	14:15	15:15
Open Session	15:30	18:30
Lane Swim	19:00	20:00

### Thursday 26th September

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Session	Start	Finish
Lane swim	07:30	08:30
Just Water & Me	08:45	09:45
Open Session	10:00	13:00
Lane Swim	13:15	14:15
Just Water & Me	14:15	15:15
Open Session	15:30	18:30
Late Swallows	19:00	21:00

## September Sessions

### Friday 27th September

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Session	Start	Finish
Early Birds	06:30	09:30
Just Water & Me	09:30	10:30
Open Session	11:00	14:00
Lane Swim	14:15	15:15
Open Session	15:30	18:30
Lane Swim	19:00	20:00

### Saturday 28th July

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Session	Start	Finish
Functional Fitness with Jacob	08:00	09:00
Lane Swim	08:00	09:00
Beginners swim lessons	08:30	09:00
Intermediate/Advance swim lessons	09:00	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

### Sunday 29th September

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Session	Start	Finish
SEND session	09:00	10:00
Sid the Sub & Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00