

SWIM SCHEDULE

APRIL 2026



To guarantee entry, all sessions can be pre-booked via our website

www.arundel-lido.com

Charity Registration Number 1091478

ArundelLido

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DEEP GLOSS Mobile Valeting & Paint Correction

FANNY ADAMS

	Morning Events	Evening Events
SAT 4th APR	<input type="checkbox"/> 08:00 – 09:00 – Circuits <input type="checkbox"/> 10:30 – 11:30 – Just Water and Me <input type="checkbox"/> 12:00 – 13:00 – Lane Swim	<input type="checkbox"/> 13:30 – 16:30 – Open Session
SUN 5th APR	<input type="checkbox"/> 09:00 – 10:30 – SEND Session <input type="checkbox"/> 11:00 – 13:00 – Inflatable Session	<input type="checkbox"/> 13:30 – 16:30 – Open Session
MON 6th APR	<input type="checkbox"/> 06:30 – 09:00 – Early Birds <input type="checkbox"/> 09:00 – 10:00 Just Water and Me <input type="checkbox"/> 10:00 – 13:00 – Open Session	<input type="checkbox"/> 13:30 – 16:30 – Open Session <input type="checkbox"/> 17:00 – 18:00 – Just Water and Me <input type="checkbox"/> 18:00 – 19:00 – Lane Swim
TUE 7th APR	<input type="checkbox"/> 07:30 – 08:30 – Lane Swim <input type="checkbox"/> 09:00 – 09:45 – Aqua Aerobics <input type="checkbox"/> 10:00 – 13:00 – Open Session <input type="checkbox"/> 13:30 – 16:30 – Open Session	<input type="checkbox"/> 17:00 – 18:00 – Just Water and Me <input type="checkbox"/> 18:00 – 19:00 – Lane Swim <input type="checkbox"/> 19:00 – 21:00 – Late Swallows
WED 8th APR	<input type="checkbox"/> 06:30 – 09:00 – Early Birds <input type="checkbox"/> 09:00 – 10:00 Just Water and Me <input type="checkbox"/> 10:00 – 13:00 – Open Session	<input type="checkbox"/> 13:30 – 16:30 – Open Session <input type="checkbox"/> 18:15 – 19:00 – Aqua Aerobics <input type="checkbox"/> 18:30 – 19:30 – Circuits
THUR 9th APR	<input type="checkbox"/> 07:30 – 08:30 – Lane Swim <input type="checkbox"/> 09:00 – 10:00 – Just Water and Me <input type="checkbox"/> 10:00 – 13:00 – Open Session <input type="checkbox"/> 13:30 – 16:30 – Open Session	<input type="checkbox"/> 17:00 – 18:00 – Just Water and Me <input type="checkbox"/> 18:00 – 19:00 – Lane Swim <input type="checkbox"/> 19:00 – 21:00 – Late Swallows
FRI 10th APR	<input type="checkbox"/> 06:30 – 09:00 – Early Birds <input type="checkbox"/> 09:00 – 10:00 – Just Water & Me <input type="checkbox"/> 10:00 – 13:00 – Open Session	<input type="checkbox"/> 13:30 – 16:30 – Open Session <input type="checkbox"/> 17:00 – 18:00 – Just Water and Me <input type="checkbox"/> 18:00 – 19:00 – Lane Swim
SAT 11th	<input type="checkbox"/> 08:00 – 09:00 – Circuits <input type="checkbox"/> 08:30 – 09:30 – Swimming Lessons	<input type="checkbox"/> 13:30 – 16:30 – Open Session

APR	<input type="checkbox"/> 10:00 – 13:00 – Open Session	<input type="checkbox"/> 17:00 – 18:00 – Lane Swim
SUN 12th APR	<input type="checkbox"/> 09:00 – 10:30 – SEND Session <input type="checkbox"/> 11:00 – 13:00 – Inflatable Session	<input type="checkbox"/> 13:30 – 16:30 – Open Session <input type="checkbox"/> Lane Swim – 17:00 – 18:00
MON 13th FEB	<input type="checkbox"/> 06:30 – 09:00 – Early Birds <input type="checkbox"/> 09:45 – 10:00 – School Swimming <input type="checkbox"/> 10:15 – 11:15 – Just Water and Me	<input type="checkbox"/> 11:30 – 12:00 School Swimming <input type="checkbox"/> 12:30 – 13:30 Lane Swim <input type="checkbox"/> 13:30 – 14:30 Just Water & Me <input type="checkbox"/> 15:00 – 18:00 – Open Session
TUE 14th APR	<input type="checkbox"/> 07:30 – 08:30 – Lane Swim <input type="checkbox"/> 09:00 – 09:45 – Aqua Aerobics <input type="checkbox"/> 10:00 – 10:45 School Swimming <input type="checkbox"/> 11:00 – 12:30 – Just Water & Me	<input type="checkbox"/> 12:45 – 14:15 – School Swimming <input type="checkbox"/> 15:00 – 18:00 – Open Session <input type="checkbox"/> 18:00 – 19:00 – Water Polo <input type="checkbox"/> 19:00 – 21:00 – Late Swallows
WED 15th APR	<input type="checkbox"/> 06:30 – 09:00 – Early Birds <input type="checkbox"/> 09:00 – 09:45 (£5 Quick dip) Just Water and session <input type="checkbox"/> 10:00 – 10:45 – School Swimming	<input type="checkbox"/> 11:00 – 12:30 – Lane Swim <input type="checkbox"/> 12:45 – 14:30 – School Swimming <input type="checkbox"/> 15:00 – 18:00 – Open Session <input type="checkbox"/> 18:30 – 19:30 – Circuits
THUR 16th APR	<input type="checkbox"/> 07:30 – 08:30 – Lane Swim <input type="checkbox"/> 09:00 – 10:00 – Just Water and Me <input type="checkbox"/> 10:00 – 11:00 – Just Water and Me <input type="checkbox"/> 11:30 – 12:30 – Lane swim	<input type="checkbox"/> 12:30 – 13:30 – Lane Swim <input type="checkbox"/> 13:45 – 14:45 – Just Water and Me <input type="checkbox"/> 15:00 – 18:00 – Open Session <input type="checkbox"/> 18:00 – 19:00 – Just Water and Me <input type="checkbox"/> 19:00 – 21:00 – Late Swallows

Morning Events**Evening Events****FRI
17th
APR**

- 06:30 – 09:00 – Early Birds
- 09:00 – 10:00 – Just Water and Me
- 10:00 – 13:00 – Staff Training
- Lane Swim 13:00 – 14:00

- 14:00 – 15:00 Just Water & Me
- 15:00 – 18:00 – Open Session

**SAT
18th
APR**

- 08:00 – 09:00 – Circuits
- 08:30 – 09:30 – Swimming Lessons
- 10:00 – 13:00 Open Session

- 13:30 – 16:30 – Open Session
- 17:00 – 18:00 – Lane Swim

**SUN
19th
APR**

- 09:00 – 10:30 – SEND session
- 11:00 – 13:00 – Inflatable session

- 13:30 – 16:30 – Open Session
- 17:00 – 18:00 – Lane Swim

**MON
20th
APR**

- 06:30 – 09:30 – Early Birds
- 09:30 – 10:00 – School Swimming
- 10:15 – 11:15 – Just Water and Me
- 11:30 – 12:00 – School Swimming

- 12:15 – 12:45 – (£5 Quick Dip) Lane Swim
- 13:00 – 14:00 – School Swimming
- 14:00 – 15:00 – Just Water & Me
- 15:00 – 18:00 – Open Session
- 18:15 – 19:15 – Lane Swim

**TUE
21st
APR**

- 07:30 – 08:30 Lane Swim
- 09:00 – 09:45 Aqua Aerobics
- 10:00 – 10:45 – School Swimming
- 11:00 – 12:30 – Lane Swim

- 12:45 – 14:15 – School Swimming
- 15:00 – 18:00 – Open Sessions
- 18:00 – 19:00 – Water Polo
- 19:00 – 21:00 – Late Swallows

**WED
22nd
APR**

- 06:30 – 09:00 – Early Birds
- 09:00 – 10:00 – Just Water and Me
- 10:00 – 10:45 – School Swimming
- 11:00 – 12:00 – Lane Swim

- 12:00 – 14:30 – School Swimming
- 15:00 – 18:00 Open Session
- 18:15 – 19:00 – Aqua Aerobics
- 18:30 – 19:30 – Circuits

**THUR
23rd
APR**

- 07:30 – 08:30 – Lane Swim
- 09:05 – 11:35 – School Swimming
- 12:00 – 13:30 – Just Water and Me

- 15:00 – 18:00 – Open Session
- 18:00 – 19:00 – Just Water and Me

	<input type="checkbox"/> 13:45 – 14:45 – School Swimming	<input type="checkbox"/> 19:00 – 21:00 – Late Swallows
FRI 24th APR	<input type="checkbox"/> 06:30 – 09:00 – Early Birds <input type="checkbox"/> 15:00 – 18:00 – Open Session <input type="checkbox"/> 18:15 – 19:15 – Lane Swim	
SAT 25th APR	<input type="checkbox"/> 08:00 – 09:00 – Circuits <input type="checkbox"/> 08:30 – 09:30 – Swim Lesson <input type="checkbox"/> 10:00 – 13:00 – Open Session	<input type="checkbox"/> 13:30 – 16:30 – Open Session
SUN 26th APR	<input type="checkbox"/> 09:00 – 10:30 – SEND Sessions <input type="checkbox"/> 11:00 – 13:00 – Inflatable Session	<input type="checkbox"/> 13:30 – 16:30 – Open Session
MON 27th APR	<input type="checkbox"/> 06:30 – 09:00 – Early Birds <input type="checkbox"/> 09:30 – 12:00 – School Swimming <input type="checkbox"/> 12:15 – 12:45 – (£5 Quick Dip) Lane Swim	<input type="checkbox"/> 13:00 – 14:00 – School Swimming <input type="checkbox"/> 14:15 – 15:00 (£5 Quick Dip) Just Water and Me) <input type="checkbox"/> 15:00 – 18:00 – Open Session <input type="checkbox"/> 18:15 – 19:15 – Lane Swim
TUE 28th APR	<input type="checkbox"/> 07:30 – 08:30 – Lane Swim <input type="checkbox"/> 09:00 – 09:45 – Aqua Aerobics <input type="checkbox"/> 10:00 – 10:45 – School Swimming <input type="checkbox"/> 11:00 – 12:30 – Lane Swimming	<input type="checkbox"/> 12:45 – 14:15 School Swimming <input type="checkbox"/> 15:00 – 18:00 open Session <input type="checkbox"/> 18:00 – 19:00 – Water Polo <input type="checkbox"/> 19:00 – 21:00 Late Swallows
WED 29th APR	<input type="checkbox"/> 06:30 – 09:00 – Early Birds <input type="checkbox"/> 09:00 – 10:00 – Just Water & Me <input type="checkbox"/> 10:00 – 10:45 – School Swimming	<input type="checkbox"/> 11:00 – 12:00 – Lane Swimming <input type="checkbox"/> 12:00 – 14:15 – School Swimming <input type="checkbox"/> 15:00 – 18:00 – Open Session <input type="checkbox"/> 18:15 – 19:00 Aqua Aerobics <input type="checkbox"/> 18:30 – 19:30 – Circuits
THUR 30th APR	<input type="checkbox"/> 07:30 – 08:30 – Lane Swim <input type="checkbox"/> 09:05 – 11:35 – School Swimming <input type="checkbox"/> 12:00 – 13:30 – Lane Swim	<input type="checkbox"/> 13:45 – 14:45 – School Swimming <input type="checkbox"/> 15:00 – 18:00 Open Session <input type="checkbox"/> 18:00 – 19:00 – just Water and Me <input type="checkbox"/> 19:00 – 21:00 – Late Swallows