

SWIM SCHEDULE

MAY 2026



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

www.arundel-lido.com

Charity Registration Number 1091478



2026 SPONSORS
Thankyou!



	Morning Events	Evening Events
FRI 1ST MAY	<input type="checkbox"/> 06:30 – 09:00 – Early Birds <input type="checkbox"/> 09:00 – 11:35 – School Swimming lessons <input type="checkbox"/> 12:00 – 13:30 – Just water and me	<input type="checkbox"/> 13:30 – 16:45 – School Swimming <input type="checkbox"/> 15:00 – 18:00 – Open session <input type="checkbox"/> 18:15 – 19:15 – Lane Swim
SAT 2ND MAY	<input type="checkbox"/> 07:30 – 08:30 – Lane Swim <input type="checkbox"/> 08:00 – 09:00 – Circuits <input type="checkbox"/> 08:30 – 09:30 – Swimming Lessons <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 – Lane Swim
SUN 3RD MAY	<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"/> 17:00 – 18:00 – Lane Swim
MON 4TH MAY	<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"/> 18:15 – 19:15 – Lane Swim
TUE 5TH MAY	<input type="checkbox"/> 07:30 – 08:30 – Lane Swim <input type="checkbox"/> 09:00 – 09:45 – Aqua Aerobics <input type="checkbox"/> 10:00 – 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 6TH MAY	<input type="checkbox"/> 06:30 – 09:00 – Early Birds <input type="checkbox"/> 09:15 – 9:45 – Parent and Toddler Swim Lesson <input type="checkbox"/> 10:00 – 10:45 – School Swimming <input type="checkbox"/> 11:00 – 11:45 – Quick Dip	<input type="checkbox"/> 12:00 – 14:30 – 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 <input type="checkbox"/> 19:15 – 20:15 – Lane Swim
THUR 7TH MAY Election day	<input type="checkbox"/> 07:30 – 08:30 – Lane Swim <input type="checkbox"/> 08:45 – 09:45 Just Water and Me <input type="checkbox"/> 10:00 – 13:00 – Open Session <input type="checkbox"/> 13:00 – 14:00 – Lane Swim	<input type="checkbox"/> 14:00 – 15:00 – 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
	<input type="checkbox"/> 06:30 – 09:00 – Early Birds <input type="checkbox"/> 09:05 – 11:35 – School Swimming	<input type="checkbox"/> 13:30 – 14:45 School Swim <input type="checkbox"/> 15:00 – 18:00 – Open Session

FRI 8th MAY	<input type="checkbox"/> 12:00 – 13:00 – Lane Swim	<input type="checkbox"/> 18:15 – 19:15 – Lane Swim
SAT 9th MAY	<input type="checkbox"/> 07:30 – 08:30 – Lane Swim <input type="checkbox"/> 08:00 – 09:00 – Circuits <input type="checkbox"/> 08:30 – 09:30 – Swimming Lessons	<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 – Lane Swim
SUN 10th MAY	<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"/> 16:45 – 17:45 – Lane Swim
MON 11th MAY	<input type="checkbox"/> 06:30 – 09:00 – Early Birds <input type="checkbox"/> 09:30 – 10:00 – School Swimming <input type="checkbox"/> 10:15 – 11:15 – Just Water and Me <input type="checkbox"/> 11:30 – 14:00 – School Swimming	<input type="checkbox"/> 14:15 – 15:00 – Quick Dip <input type="checkbox"/> 15:00 – 18:00 – Open Session <input type="checkbox"/> 18:00 – 18:30 – Foxy Ladies Swim <input type="checkbox"/> 18:30 – 19:30 – Lane Swim
TUE 12th MAY	<input type="checkbox"/> 07:30 – 08:30 – Lane Swim <input type="checkbox"/> 09:00 – 09:45 – Aqua Aerobics <input type="checkbox"/> 10:00 – 14:15 School Swimming	<input type="checkbox"/> 15:00 – 18:00 – Open Session <input type="checkbox"/> 16:30 – 20:00 – Acrobatics <input type="checkbox"/> 18:00 – 19:00 – Water Polo <input type="checkbox"/> 19:00 – 21:00 – Late Swallows
WED 13th MAY	<input type="checkbox"/> 06:30 – 09:00 – Early Birds <input type="checkbox"/> 09:15 – 09:45 – Parent and Toddler Swim Lesson <input type="checkbox"/> 10:00 – 10:45 – School Swimming <input type="checkbox"/> 11:00 – 11:45 – Quick Dip	<input type="checkbox"/> 12:00 – 14:30 – 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

Morning Events**Evening Events****THUR
14th
MAY**

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

- 13:45 – 14:45 – School Swimming
- 15:00 – 18:00 – Open Session
- 18:00 – 19:00 Just Water and Me
- 19:00 – 21:00 – Late Swallows

**FRI
15th
MAY**

- 06:30 – 09:00 – Early Birds
- 09:05 – 11:35 – School Swimming
- 12:00 – 13:00 – Lane Swim

- 13:30 – 14:45 – School Swimming
- 15:00 – 18:00 – Open Session
- 18:15 – 19:15 – Lane Swim

**SAT
16th
MAY**

- 07:30 – 08:30 – Lane Swim
- 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
- 18:15 – 20:00 – Mermaids

**SUN
17th
MAY**

- 04:00 – 10:00 – Triathlon
- 11:00 – 13:00 – Inflatable session

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

**MON
18th
MAY**

- 06:30 – 09:00 – Early Birds
- 09:30 – 14:00 – School Swimming

- 14:15 – 15:00 – Quick Dip
- 15:00 – 18:00 – Open Session
- 18:15 – 19:15 – Lane Swim

**TUE
19th
MAY**

- 07:30 – 08:30 – Lane Swim
- 09:00 – 09:45 – Aqua Aerobics
- 10:00 – 15:00 School Swimming

- 15:00 – 18:00 – Open Session
- 18:00 – 19:00 – Water Polo
- 19:00 – 21:00 – Late Swallows

**WED
20th
MAY**

- 06:30 – 09:00 – Early Birds
- 09:15 – 14:30 – School Swimming

- 15:00 – 18:00 – Open Session
- 18:15 – 19:00 – Aqua aerobics
- 18:30 – 19:30 – Circuits
- 19:00 – 20:00 – Lane Swim

**THUR
21st
MAY**

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

- 13:45 – 14:45 – School Swimming
- 15:00 – 18:00 – Open Session
- 18:00 – 19:00 – Just Water and Me
- 19:00 – 21:00 – Late Swallows

FRI 22nd MAY	<input type="checkbox"/> 06:30 – 09:00 – Early Birds <input type="checkbox"/> 09:05 – 11:35 – School Swimming <input type="checkbox"/> 12:00 – 13:00 – Just Water and Me	<input type="checkbox"/> 13:30 – 14:45 – School Swimming <input type="checkbox"/> 15:00 – 18:00 – Open Session <input type="checkbox"/> 18:15 – 19:15 – Lane Swim
SAT 23rd MAY	<input type="checkbox"/> 07:30 – 08:30 – Lane Swim <input type="checkbox"/> 08:00 – 09:00 – Circuits <input type="checkbox"/> 08:30 – 09:30 – Swimming Lessons	<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 – Lane Swim
SUN 24th MAY	<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"/> 17:00 – 18:00 – Lane Swim
MON 25th MAY	<input type="checkbox"/> 06:30 – 09:00 – Early Birds <input type="checkbox"/> 09:00 – 10:00 – Lifeguard Course <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 – 20:15 – Private Booking
TUE 26th MAY	<input type="checkbox"/> 07:30 – 08:30 – Lane Swim <input type="checkbox"/> 09:00 – 10:00 – Lifeguard Course <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"/> 16:30 – 20:00 Acrobatics <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 27th MAY	<input type="checkbox"/> 06:30 – 09:00 – Early Birds <input type="checkbox"/> 09:00 – 10:00 – Lifeguard Course <input type="checkbox"/> 10:00 – 13:00 – Open Session <input type="checkbox"/> 13:30 – 16:30 Open Session	<input type="checkbox"/> 17:00 – 19:00 Staff Training <input type="checkbox"/> 18:15 – 19:00 – Aqua Aerobics <input type="checkbox"/> 18:30 – 19:30 – Circuits <input type="checkbox"/> 19:00 – 20:00 – Lane Swim
THUR 28th MAY	<input type="checkbox"/> 07:30 – 08:30 – Lane Swim <input type="checkbox"/> 09:00 – 10:00 – Lifeguard Course <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 29th MAY	<input type="checkbox"/> 06:30 – 09:00 – Early Birds <input type="checkbox"/> 09:00 – 10:00 – Lifeguard Course <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"/> 19:15 – 20:15 – Private Booking
SAT 30th MAY	<input type="checkbox"/> 07:30 – 08:30 – Lane Swim <input type="checkbox"/> 08:00 – 09:00 – Circuits <input type="checkbox"/> 08:00 – 10:00 – Lifeguard Course <input type="checkbox"/> 08:30 – 09:30 – Swimming Lessons	<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 – Lane Swim <input type="checkbox"/> 18:15 – 20:00 – Mermaids

SUN
31st
MAY

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

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