

SWIM SCHEDULE

JULY 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
WED 1st JULY	☐ 06:30 – 09:00 – Early Birds ☐ 09:15 – 09:45 – Parent and Toddler Swim Lesson ☐ 10:00 – 11:00 – Lane Swim ☐ 11:00 – 12:00 – Just Water & Me ☐ 12:00 – 13:00 – Lane Swim	☐ 13:00 – 15:00 – Lifeguard Course ☐ 15:00 – 18:00 – Open Session ☐ 18:15 – 19:00 – Aqua Aerobics ☐ 18:30 – 19:30 – Circuits ☐ 18:00 – 20:00 – Staff Training
THUR 2nd JULY	☐ 07:30 – 08:30 – Lane Swim ☐ 09:00 – 11:30 – School Swimming ☐ 11:45 – 13:15 – Lifeguard Course ☐ 13:30 – 14:30 – School Swimming	☐ 15:00 – 18:00 – Open Session ☐ 18:00 – 19:00 – Private Booking ☐ 19:00 – 21:00 – Late Swallows
FRI 3RD JULY	☐ 06:30 – 09:00 – Early Birds ☐ 09:00 – 11:35 – School Swimming ☐ 11:45 – 13:45 – Lifeguard Course	☐ 13:30 – 14:45 School Swimming ☐ 15:00 – 18:00 – Open Session ☐ 18:15 – 19:15 – Lane Swim
SAT 4th JULY	☐ 07:30 – 08:30 – Lane Swim ☐ 08:00 – 09:00 – Circuits ☐ 08:30 – 09:30 – Swim Lessons ☐ 08:00 – 10:00 – Lifeguard Course ☐ 10:00 – 13:00 – Open Session	☐ 13:30 – 16:30 – Open Session ☐ 17:00 – 18:00 – Lane Swim ☐ 18:15 – 20:15 – Mermaids www.southcoastmermaids.com/book
SUN 5TH JULY	☐ 09:00 – 10:30 – SEND Session ☐ 11:00 – 13:00 – Inflatable Session	☐ 13:30 – 16:30 – Open Session ☐ 17:00 – 18:00 – Lane Swim

	Morning Events	Evening Events
MON 6TH JULY	☐ 06:30 – 09:00 – Early Birds ☐ 09:30 – 12:00 – School Swimming ☐ 12:15 – 12:45 – Quick Dip ☐ 13:00 – 14:00 – School Swimming	☐ 14:15 – 15:00 – Quick Dip ☐ 15:00 – 18:00 – Open Session ☐ 18:00 – 18:30 – Private Booking ☐ 18:30 – 19:30 – Lane Swim
TUE 7TH JULY	☐ 07:30 – 08:30 – Lane Swim ☐ 09:00 – 09:45 – Aqua Aerobics ☐ 10:00 – 14:15 – School Swimming	☐ 15:00 – 18:00 – Open Session ☐ 16:30 – 20:00 – Knotted Ariel ☐ 18:00 – 19:00 – Water Polo ☐ 19:00 – 21:00 – Late Swallows
WED 8TH JULY	☐ 06:30 – 09:00 – Early Birds ☐ 09:15 – 09:45 – Parent and Toddler Swimming Lessons ☐ 10:00 – 14:15 – 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 9TH JULY	☐ 07:30 – 08:30 – Lane Swim ☐ 08:30 – 15:00 – School Swimming	☐ 15:00 – 18:00 – Open Session ☐ 18:00 – 19:00 – Just Water & Me ☐ 19:00 – 21:00 – Late Swallows
FRI 10TH JULY	☐ 06:30 – 09:00 – Early Birds ☐ 09:00 – 15:00 – School Swimming	☐ 15:00 – 18:00 – Open Session ☐ 18:00 – 20:00 – Private Booking
SAT 11TH JULY	☐ 07:30 – 08:30 – Lane Swim ☐ 08:00 – 09:00 – Circuits ☐ 08:30 – 09:30 – Swim Lessons ☐ 10:00 – 13:00 – Open Session	☐ 13:30 – 16:30 – Open Session ☐ 17:00 – 18:00 – Lane Swim
SUN 12TH JULY	☐ 09:00 – 10:30 – SEND Sessions ☐ 11:00 – 13:00 – Inflatable Session	☐ 13:30 – 16:30 – Open Session ☐ 16:45 – 17:45 – Lane Swim

	Morning Events	Evening Events
MON 13th JULY	☐ 06:30 – 09:00 – Early Birds ☐ 09:30 – 12:00 – School Swimming ☐ 12:15 – 12:45 – Quick Dip ☐ 13:00 – 14:00 – School Swimming	☐ 14:15 – 15:00 – Quick Dip ☐ 15:00 – 18:00 – Open Session ☐ 18:30 – 20:00 – Private Booking
TUE 14th JULY	☐ 07:30 – 08:30 – Lane Swim ☐ 09:00 – 09:45 – Aqua Aerobics ☐ 10:00 – 12:30 – School Swimming ☐ 13:00 – 14:00 – Lane Swim	☐ 14:00 – 15:00 – Just Water & Me ☐ 15:00 – 18:00 – Open Session ☐ 18:00 – 19:00 – Water Polo ☐ 19:00 – 21:00 – Late Swallows
WED 15th JULY	☐ 06:30 – 09:00 – Early Birds ☐ 09:15 – 09:45 – Parent and Toddler Swimming Lessons ☐ 10:00 – 12:30 – School Swimming ☐ 13:00 – 14:00 – Lane Swim	☐ 14:00 – 15:00 – Just Water & Me ☐ 15:00 – 18:00 – Open Session ☐ 18:15 – 19:00 – Aqua Aerobics ☐ 18:30 – 19:30 – Circuits ☐ 19:00 – 20:00 – Private Booking
THUR 16th JULY	☐ 07:30 – 08:30 – Lane Swim ☐ 08:45 – 09:45 – Just Water & Me ☐ 10:00 – 11:15 – School Swimming ☐ 11:30 – 12:15 – Quick Dip	☐ 12:30 – 14:30 – School Swimming ☐ 15:00 – 18:00 – Open Session ☐ 18:00 – 19:00 – Just Water & Me ☐ 19:00 – 21:00 – Late Swallows
FRI 17th JULY	☐ 06:30 – 09:00 – Early Birds ☐ 09:00 – 12:30 – School Swimming ☐ 13:00 – 14:00 – Lane Swim	☐ 14:30 – 15:30 – Just Water & Me ☐ 16:00 – 18:00 – Private Booking ☐ 18:30 – 19:30 – Lane Swim
SAT 18th JULY	☐ 07:30 – 08:30 – Lane Swim ☐ 08:00 – 09:00 – Circuits ☐ 08:30 – 09:30 – Swim Lessons ☐ 10:00 – 13:00 – Open Session	☐ 13:30 – 16:30 – Open Session ☐ 17:00 – 18:00 – Lane Swim ☐ 18:15 – 20:00 Mermaid Swimming www.southcoastmermaids.com/book
SUN 19th JULY	☐ 09:00 – 10:30 – SEND Sessions ☐ 11:00 – 13:00 – Inflatable Session	☐ 13:30 – 16:30 – Open Session ☐ 17:00 – 18:00 – Lane Swim ☐ 18:15 – 20:15 – Private Booking

	Morning Events	Evening Events
MON 20th JULY	☐ 06:30 – 09:00 – Early Birds ☐ 09:00 – 09:45 – Quick Dip ☐ 10:00 – 10:30 – School Swimming ☐ 10:45 – 11:45 – Just Water & Me	☐ 11:45 – 12:45 – Lane Swim ☐ 12:45 – 15:45 – Open Swim ☐ 16:00 – 18:00 – Private Booking ☐ 18:15 – 19:15 – Private Booking
TUE 21st JULY	☐ 07:30 – 08:30 – Lane Swim ☐ 09:00 – 09:45 – Aqua Aerobics ☐ 10:00 – 13:00 – Open Session ☐ 13:00 – 14:00 – Lane Swim	☐ 14:00 – 15:00 – Just Water & Me ☐ 15:00 – 18:00 – Open Session ☐ 18:00 – 19:00 – Water Polo ☐ 19:00 – 21:00 – Late Swallows
WED 22nd JULY	☐ 06:30 – 09:00 – Early Birds ☐ 08:30 – 10:30 – Rookie Lifeguards ☐ 10:00 – 13:00 – Open Session	☐ 13:30 – 16:30 – Open Session ☐ 17:00 – 18:00 – Lane Swim ☐ 18:30 – 19:30 – Circuits ☐ 18:00 – 20:00 – Private Booking
THUR 23rd JULY	☐ 07:30 – 08:30 – Lane Swim ☐ 08:30 – 10:30 – Rookie Lifeguards ☐ 10:00 – 13:00 – Open Session ☐ 13:30 – 16:30 – Open Session	☐ 17:00 – 18:00 – Just Water & Me ☐ 18:00 – 19:00 – Lane Swim ☐ 19:00 – 21:00 – Late Swallows
FRI 24th JULY	☐ 06:30 – 09:00 – Early Birds ☐ 08:30 – 10:30 – Rookie Lifeguards ☐ 10:00 – 13:00 – Open Session	☐ 13:30 – 16:30 – Open Session ☐ 17:00 – 18:00 – Just Water & Me ☐ 18:15 – 19:15 – Lane Swim
SAT 25th JULY	☐ 07:30 – 08:30 – Lane Swim ☐ 08:00 – 09:00 – Circuits ☐ 08:30 – 09:30 – Swim Lessons ☐ 10:00 – 13:00 – Open Session	☐ 13:30 – 16:30 – Open Session ☐ 17:00 – 19:00 – Private Booking
SUN 26th JULY	☐ 09:00 – 10:30 – SEND Session ☐ 11:00 – 13:00 – Inflatable Session	☐ 13:30 – 16:30 – Open Session ☐ 17:00 – 18:00 – Lane Swim

	Morning Events	Evening Events
MON 27th JULY	☐ 06:30 – 09:00 – Early Birds ☐ 09:00 – 10:00 – Just Water & Me ☐ 10:00 – 13:00 – Open Session	☐ 13:30 – 16:30 – Open Session ☐ 17:00 – 18:00 – Just Water & Me ☐ 18:15 – 19:15 – Lane Swim
TUE 28th JULY	☐ 07:30 – 08:30 – Lane Swim ☐ 09:00 – 09:45 – Aqua Aerobics ☐ 10:00 – 13:00 – Open Session	☐ 13:30 – 16:30 – Open Session ☐ 17:00 – 18:00 – Just Water & Me ☐ 18:00 – 19:00 – Lane Swim ☐ 19:00 – 21:00 – Late Swallows
WED 29th JULY	☐ 06:30 – 9:00 – Early Birds ☐ 08:30 – 10:30 – Rookie Lifeguards ☐ 10:00 – 13:00 – Open Session ☐ 13:30 – 16:30 – Open Session	☐ 17:00 – 18:00 – Just Water & Me ☐ 18:15 – 19:00 – Aqua Aerobics ☐ 18:30 – 19:30 – Circuits ☐ 19:00 – 21:00 – Lane Swim
THUS 30th JULY	☐ 07:30 – 08:30 – Lane Swim ☐ 08:30 – 10:30 – Rookie Lifeguards ☐ 10:00 – 13:00 – Open Session	☐ 13:30 – 16:30 – Open Session ☐ 17:00 – 18:00 – Just Water & Me ☐ 18:00 – 19:00 – Lane Swim ☐ 19:00 – 21:00 – Late Swallows
FRI 31st JULY	☐ 06:30 – 09:00 – Early Birds ☐ 08:30 – 10:30 – Rookie Lifeguards ☐ 10:00 – 13:00 – Open Session	☐ 13:30 – 16:30 – Open Session ☐ 17:00 – 18:00 – Just Water & Me ☐ 18:15 – 19:15 – Lane Swim ☐ 19:15 – 20:15 – Private Booking