SWIM SCHEDULE

SEPTEMBER 2026

ArundelLido

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

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Charity Registration Number 1091478

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FANNY ADAMS

	Morning Events	Evening Events
Tues 1st September	☐ 07:30 – 08:30 Lane Swim ☐ 09:00 – 09:45 Aqua Aerobics ☐ 10:00 – 11:00 Just Water & Me ☐ 11:15 – 12:15 Lane Swim ☐ 12:30 – 15:30 Open Session	☐ 15:45 – 18:45 Open Session ☐ 18:30 – 19:30 Circuits ☐ 19:00 – 21:00 Late Swallows
Wed 2nd September	☐ 06:30 – 09:00 Early Birds ☐ 09:00 – 10:00 Just Water & Me ☐ 10:00 – 11:00 Just Water & Me ☐ 11:15 – 12:15 Lane Swim	☐ 12:30 – 13:30 Lane Swim ☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:15 – 19:15 Lane Swim
Thurs 3rd September	☐ 07:30 – 08:30 Lane Swim ☐ 08:45 – 09:45 Just Water & Me ☐ 09:45 – 10:45 Just Water & Me ☐ 11:00 – 12:00 Lane Swim	☐ 12:30 – 13:30 Lane Swim ☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:00 – 19:00 Lane Swim ☐ 19:00 – 21:00 Late Swallows
Fri 4th September	☐ 06:30 – 09:00 Early Birds ☐ 09:00 – 10:00 Just Water & Me ☐ 10:00 – 11:00 Just Water & Me ☐ 11:15 – 12:15 Lane Swim	☐ 12:30 – 13:30 Lane Swim ☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:15 – 18:45 Quick Dip
Sat 5th September	☐ 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 6th September	☐ 09:00 – 10:30 SEND Session ☐ 11:00 – 13:00 Inflatable Fun Session	☐ 13:30 – 16:30 Open Session

	Morning Events	Evening Events
MON 7th September	☐ 06:30 – 09:00 Early Birds ☐ 09:15 – 10:15 Just Water & Me ☐ 10:15 – 11:15 Just Water & Me ☐ 11:30 – 12:30 Lane Swim	☐ 12:30 – 13:30 Lane Swim ☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:00 – 18:15 Foxy Ladies ☐ 18:30 – 19:30 Lane Swim
TUE 8th September	☐ 07:30 – 08:30 Lane Swim ☐ 09:00 – 09:45 Aqua Aerobics	☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session

	☐ 10:00 – 11:00 Just Water & Me ☐ 11:30 – 12:30 Lane Swim ☐ 12:30 – 13:30 Lane Swim	☐ 18:00 – 19:00 Lane Swim ☐ 18:30 – 19:30 Circuits ☐ 19:00 – 21:00 Late Swallows
WED 9th September	☐ 06:30 – 09:00 – Early Birds ☐ 09:15–10:15 Just Water & Me ☐ 10:15 – 11:15 Just Water & Me ☐ 11:30 – 12:30 Lane Swim	☐ 12:30 – 13:30 Lane Swim ☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:00 – 19:00 Just Water & Me
THUR 10th September	☐ 07:30 – 08:30 Lane Swim ☐ 08:45 – 09:45 Just Water & Me ☐ 09:45 – 10:45 Just Water & Me ☐ 11:00 – 12:00 Lane Swim ☐ 12:30 – 13:30 Lane Swim	☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:00 – 19:00 Lane Swim ☐ 19:00 – 21:00 Late Swallows
FRI 11th September	☐ 06:30 – 09:00 – Early Birds ☐ 09:15–10:15 Just Water & Me ☐ 10:15 – 11:15 Just Water & Me ☐ 11:30 – 12:30 Lane Swim	☐ 12:30 – 13:30 Lane Swim ☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:15 – 19:15 – Lane Swim
SAT 12th September	☐ 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 Mermaids www.southcoastmermaids.com/book
SUN 13th September	☐ 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 14th September	☐ 06:30 – 09:00 Early Birds ☐ 09:15 – 10:15 Just Water & Me ☐ 10:15 – 11:15 Just Water & Me ☐ 11:30 – 12:30 Lane Swim	☐ 12:30 – 13:30 Lane Swim ☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:15 – 19:15 Lane Swim
TUE 15th September	☐ 07:30 – 08:30 Lane Swim ☐ 08:45 – 09:45 Just Water & Me ☐ 09:45 – 10:45 Just Water & Me ☐ 11:00 – 12:00 Lane Swim ☐ 12:30 – 13:30 Lane Swim	☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:00 – 19:00 Lane Swim ☐ 18:30 – 19:30 Circuits ☐ 19:00 – 21:00 Late Swallows

WED 16th September	☐ 06:30 – 09:00 Early Birds ☐ 09:15 – 10:15 Just Water & Me ☐ 10:15 – 11:15 Just Water & Me ☐ 11:30 – 12:30 Lane Swim	☐ 12:30 – 13:30 Lane Swim ☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:15 – 19:15 Just Water & Me
Thurs 17th September	☐ 07:30 – 08:30 Lane Swim ☐ 08:45 – 09:45 Just Water & Me ☐ 09:45 – 10:45 Just Water & Me ☐ 11:00 – 12:00 Lane Swim ☐ 12:30 – 13:30 Lane Swim	☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:00 – 19:00 Lane Swim ☐ 19:00 – 21:00 Late Swallows
FRI 18th September	☐ 06:30 – 09:00 Early Birds ☐ 09:15–10:15 Just Water & Me ☐ 10:15 – 11:15 Just Water & Me ☐ 11:30 – 12:30 Lane Swim	☐ 12:30 – 13:30 Lane Swim ☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:15 – 19:15 Lane Swim
SAT 19th September	☐ 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 20th September	☐ 09:00 – 10:30 SEND Sessions ☐ 11:00 – 13:00 Inflatable Session	☐ 13:30 – 16:30 Open Session ☐ 17:00 – 18:00 Lane Swim

	Morning Events	Evening Events
MON 21st September	☐ 06:30 – 09:00 Early Birds ☐ 09:15 – 10:15 Just Water & Me ☐ 10:15 – 11:15 Just Water & Me ☐ 11:30 – 12:30 Lane Swim	☐ 12:30 – 13:30 Lane Swim ☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:15 – 19:15 Lane Swim
TUE 22rd September	☐ 07:30 – 08:30 Lane Swim ☐ 08:45 – 09:45 Just Water & Me ☐ 09:45 – 10:45 Just Water & Me ☐ 11:00 – 12:00 Lane Swim ☐ 12:30 – 13:30 Lane Swim	☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:00 – 19:00 Lane Swim ☐ 18:30 – 19:30 Circuits ☐ 19:00 – 21:00 Late Swallows
WED 23th September	☐ 06:30 – 09:00 Early Birds ☐ 09:15 – 10:15 Just Water & Me ☐ 10:15 – 11:15 Just Water & Me	☐ 12:30 – 13:30 Lane Swim ☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session

	☐ 11:30 – 12:30 Lane Swim	☐ 18:15 – 19:15 Just Water & Me
THUR 24th September	☐ 07:30 – 08:30 Lane Swim ☐ 08:45 – 09:45 Just Water & Me ☐ 09:45 – 10:45 Just Water & Me ☐ 11:00 – 12:00 Lane Swim ☐ 12:30 – 13:30 Lane Swim	☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:00 – 19:00 Lane Swim ☐ 19:00 – 21:00 Late Swallows
FRI 25th September	☐ 06:30 – 09:00 – Early Birds ☐ 09:15–10:15 Just Water & Me ☐ 10:15 – 11:15 Just Water & Me ☐ 11:30 – 12:30 Lane Swim	☐ 12:30 – 13:30 Lane Swim ☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:15 – 19:15 Lane Swim
SAT 26th September	☐ 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 27th September	☐ 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 28th September	☐ 06:30 – 09:00 Early Birds ☐ 09:15 – 10:15 Just Water & Me ☐ 10:15 – 11:15 Just Water & Me ☐ 11:30 – 12:30 Lane Swim	☐ 12:30 – 13:30 Lane Swim ☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:15 – 19:15 Lane Swim
TUE 29th September	☐ 07:30 – 08:30 Lane Swim ☐ 08:45 – 09:45 Just Water & Me ☐ 09:45 – 10:45 Just Water & Me ☐ 11:00 – 12:00 Lane Swim ☐ 12:30 – 13:30 Lane Swim	☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:00 – 19:00 Lane Swim ☐ 18:30 – 19:30 Circuits ☐ 19:00 – 21:00 Late Swallows
WED 30th September	☐ 06:30 – 09:00 – Early Birds ☐ 09:15 – 10:15 Just Water & Me ☐ 10:15 – 11:15 Just Water & Me ☐ 11:30 – 12:30 Lane Swim	☐ 12:30 – 13:30 Lane Swim ☐ 13:45 – 14:45 Just Water & Me ☐ 15:00 – 18:00 Open Session ☐ 18:15 – 19:15 Just Water & Me

SWIM SCHEDULE

SETEMBER 2026

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