



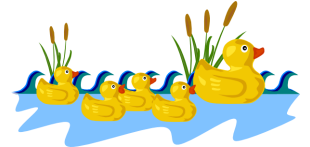
BURNHAM-ON-SEA SWIM & SPORTS ACADEMY

SWIMMING POOL "EASTER" TIMETABLE

APRIL 8TH — APRIL 22ND 2019



Timetable subject to change. Please call 01278 785909 to confirm.



MONDAY APRIL 8TH; 15TH & "EASTER MONDAY" 22ND APRIL

ACADEMY SWIM TEAM: 6:00 - 7:00 am

LANE SWIM: 7:00 - 9:00 am (Stroke tech 8:30 – 9:00 am); 12:00 - 1:30 pm; 8:00 - 9:30 pm

FAMILY/OPEN SWIM with FUN N FLOATS: 9:00 – 12:00 pm

OPEN SWIM with FUN N FLOATS: 1:30 - 4:00 pm

SWIM/LIFEGUARD ACADEMY: 4:00 – 6:30 pm

AQUA AEROBICS (Shallow End): 6:30 - 7:30 pm **LADIES ONLY SWIM:** 6:30 - 8:00 pm

COACHED LANE SWIM (MASTERS/SWIM TECH) (2 lanes): 8:30 - 9:30 pm (All Ages 16+ Welcome)



TUESDAY 9TH & 16TH APRIL

LANE SWIM: 6:00 - 9:00 am; 12:00 - 1:30 pm; 9:00 - 10:00 pm (2 lanes only 9:00 – 9:30 pm)

DISTANCE BADGES (5 m to 400m): 9:00 - 9:30 am (All Welcome! Please book at reception)

FAMILY/OPEN SWIM: 10:30 - 12:00 pm (Shallow End only 11:00 – 12:00 pm)

AQUA AEROBICS (Deep End): 11:00 - 12:00 pm

OPEN SWIM: 1:30 - 2:00 pm (Adult Lesson 1:30—2:00) **OPEN SWIM with FUN N FLOATS:** 2:00 - 4:00 pm

SWIM/TRI ACADEMY: 4:00 - 6:00 pm **ACADEMY SWIM TEAM:** 6:00 - 9:00 pm

WEDNESDAY 10TH & 17TH APRIL

LANE SWIM: 6:00 - 9:00 am; 12:00 - 1:30 pm 7:00 - 8:00 pm

FAMILY/OPEN SWIM: 9:00 - 12:00 pm (with Fun N Floats 10:30 – 12:00 pm) (Shallow End only 9:30 – 10:15)

AQUA AEROBICS (Deep End): 9:30 - 10:15 pm

OPEN SWIM: 1:30 - 2:00 pm (DD class 1:30—2:00). **OPEN SWIM with FUN N FLOATS:** 2:00 - 4:00 pm

SWIM/TRI ACADEMY: 4:00 - 6:00 pm & **ACADEMY SWIM TEAM** 8:00 - 9:00 pm

AQUA AEROBICS (Shallow End): 6:00 pm - 7:00 pm

OPEN SWIM: 6:00 pm - 7:00 pm (Deep End Only)

DISTANCE BADGES (25 m to 1 mile): 7:00 pm (All Welcome! Please book at reception)

THURSDAY 11TH & 18TH APRIL

ACADEMY SWIM TEAM: 6:00 - 7:00 am & 6:00 - 9:30 pm

LANE SWIM: 7:00 - 9:00 am & 12:00 - 1:30 pm

FAMILY/OPEN SWIM: 9:00 - 12:00 pm (with Fun N Floats 9:00 – 11:00 am) (Deep End Only 11:00 – 12:00 pm)

AQUA AEROBICS (Shallow End): 11:00 - 12:00 pm

OPEN SWIM with FUN N FLOATS: 1:30 - 4:00 pm

SWIM ACADEMY: 4:00 - 6:00 pm

COACHED LANE SWIM (MASTERS/SWIM TECH): 9:00 - 10:00 pm (All Ages 16+ Welcome)

FRIDAY 12TH & "GOOD FRIDAY" 19TH APRIL

LANE SWIM: 6:00 - 9:00 am; 12:00 - 1:30 pm; 7:00 - 9:00 pm

FAMILY/OPEN SWIM: 10:00 - 12:00 pm (with Fun N Floats 10:00 – 11:00) (Deep End Only 11:00 – 12:00 pm)

AQUA FIT (Shallow End): 11:00 - 12:00 pm

OPEN SWIM with FUN N FLOATS: 1:30 - 4:00 pm

SWIM ACADEMY: 4:00 - 6:00 pm **ACADEMY SWIM TEAM:** 6:00 - 7:00 pm

LANE SWIM (Jnr): 7:00 - 9:00 pm (2 lanes only 7:00—8:00 pm). Adult Triathlon: (1 lane 7:00 – 7:45 pm)

DISTANCE BADGES (50 m to 1 mile): 7:00 pm (All Welcome! Please book at reception)

SATURDAY 13TH & "EASTER SATURDAY" 20TH

ACADEMY SWIM TEAM: 7:00 - 8:30 am & 12:30 – 1:30 pm

COACHED LANE SWIM (MASTERS/SWIM TECHNIQUE): 7:30 - 8:30 am (All Ages 16+ Welcome)

SWIM & TRIATHLON ACADEMY: 8:30 - 12:30 pm

DISTANCE BADGES (5 m to 400 m): 1:30 pm

FAMILY/OPEN SWIM with FUN N FLOATS: 1:30 - 4:30 pm

LANE SWIM: 4:30 - 6:00 pm (Jr welcome); **DISTANCE BADGES (25 m to 1 mile):** 5:00 pm

SUNDAY 14TH APRIL & "EASTER SUNDAY 21ST APRIL

LANE SWIM: 7:00 - 8:30 am

ACADEMY SWIM TEAM: 8:30 - 9:30 am & 1:00 - 2:30 pm

FAMILY SWIM with FUN N FLOATS: 9:30 am - 11:00 am

DIVE ACADEMY: 10:00 - 10:30 am (Deep End)

OPEN SWIM with FUN N FLOATS: 11:00 - 1:00 pm



Please note: There will be times during Open/Family/Lanes when lessons may take place & a small portion of the pool will be roped off. If you have children under the age of 8 years, please review our Under 8 admission policy before travelling to the pool.

Easter Intensive Swim Lessons (5 x 30 min lessons for £27.50!); Swim & Sports Day Camps £27.50 (Weds 9:30—3:30 pm); Distance Badges £6.25 Please Contact reception for further information surrounding our holiday classes & to make reservations.

ADMISSION FEES ADULTS £5.00: JUNIORS £4.50: 65+ £4.00: UNDER 3 £2.00: ADULT & JNR COMBINED £8.50