

POOL SCHEDULE JULY 22ND — SEPTEMBER 1ST 2019

BURNHAM-ON-SEA SWIM & SPORTS ACADEMY POOL SCHEDULE JULY 22ND — SEPTEMBER 1ST 2019

	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	LANES* (6:00 - 9:00 AM) <i>Ultra Dist. Badges (6 am 1 lane) Stroke Tech 8:30 - 9:00 (2 lanes)</i>	LANES (6:00 - 9:00 AM)	LANES (6:00 - 9:00 AM)	LANES* (6:00 - 9:00 AM) <i>Stroke Technique (2 Lanes) 8:30 - 9:00 am</i>	LANES (6:00 - 9:00 AM)	MASTERS (16+)/TEAM (7:30 - 8:30 AM) <i>"Drop-in" Masters session (Targeted at Swimmers 16+ who can swim 200 m continuously)</i>	LANES (7:00 - 8:30 AM)
7:00 AM							
8:00 AM							
9:00 AM	9:00 - 9:30 AM MON TO FRI LEARN TO SWIM CRASH COURSE (PLEASE BOOK AT RECEPTION)	9:00 - 9:30 AM DISTANCE BADGES (5M TO 400 M) ALL WELCOME PLEASE BOOK AT RECEPTION	9:00 - 9:30 AM DISCOVERY DUCK CLASS 9:30 - 10:00 AM ADULT BEG/INT LESSON 1:1 PRIVATE LESSONS (BOOK AT RECEPTION)	OPEN/FAMILY SWIM with FUN N FLOATS (9:00 - 11:00 AM)	OPEN/FAMILY SWIM with FUN N FLOATS (9:00 - 11:00 AM)	SWIM ACADEMY (8:30 - 12:00 PM) TRIATHLON ACADEMY (9:00 - 12:30 PM)	ACADEMY SWIM TEAM (8:30 - 9:30 AM)
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM	FAMILY SWIM with FUN N FLOATS (10:30 - 12:00 PM)	FAMILY SWIM with FUN N FLOATS (10:30 - 12:00 PM)	OPEN/FAMILY SWIM with FUN N FLOATS (10:15 - 12:00 PM)	OPEN SWIM (D) with AQUA FIT (SHALLOW) (11:00 - 12:00 PM)	OPEN SWIM (D) with AQUA FIT (SHALLOW) (11:00 - 12:00 PM)	OPEN SWIM with FUN N FLOATS (9:30 - 11:00 AM) (10:00 - 10:30 am Dive Ac Deep End)	OPEN/FAMILY SWIM with FUN N FLOATS (9:30 - 11:00 AM)
11:30 AM							
11:45 AM							
12:00 PM	LANES (12:00 - 1:30 PM)	LANES (12:00 - 1:30 PM)	LANES (12:00 - 1:30 PM)	LANES (12:00 - 1:30 PM)	LANES (12:00 - 1:30 PM)	OPEN SWIM with FUN N FLOATS (12:30 - 4:30 PM)	SUMMER HOLIDAY ACTIVITIES: SUMMER SWIM LESSON PACKAGE FOR ALL AGES & ABILITIES 5 LESSONS FOR JUST £32.50 (FLEXIBLE TIMES TO SUIT YOUR HOLIDAY SCHEDULE; CAN BE TAKEN MON-FRI OR OVER THE ENTIRE SUMMER HOLIDAYS!)
12:15 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM	LIFEGUARD AC	ACADEMY SWIM TEAM (6:00 - 9:00 PM)	OPEN/FAMILY SWIM (6:00 - 7:00 PM)	ACADEMY SWIM TEAM (6:00 - 9:00 PM)	ACADEMY SWIM TEAM	LANES (J) (4:30 - 6:00 PM) <i>5:00 PM (1 LANE) DISTANCE BADGES (25 M TO 1 MILE) ALL WELCOME PLEASE BOOK AT RECEPTION</i>	BIRTHDAY PARTY/ POOL HIRE AVAILABILITY: SAT: 6:00 - 7:00 PM SUN: 1:00 - 3:30 PM
6:30 PM							
7:00 PM							
7:30 PM	AQUA(S)/LADIES(D) (6:30 - 7:30 PM)	ACADEMY SWIM TEAM (6:00 - 9:00 PM)	LANES (7:00 - 8:00 PM)	SWIM TECH/MASTERS 8:00 - 9:00 PM <i>All ages from 16+ welcome (Must be able to swim 200 meters!)</i>	LANES (J)* (7:00 - 9:00 PM)	CONTACT US BY: PHONE: 01278 785909 FACEBOOK: Burnham-on-Sea Swim & Sports Academy	PLEASE CALL TO CONFIRM
7:30 PM							
8:00 PM							
8:00 PM	LANES* (8:00 - 9:30 PM) <i>Swim Technique & Masters 8:30 - 9:30 pm (2 Lanes) All ages from 16+ welcome</i>	LANES (9:00 - 10:00 PM)	ACADEMY SWIM TEAM (8:00 - 9:00 PM)			01278 785909	WWW.BOSPOOL.COM
9:00 PM							
9:30 PM							
10:00 PM							

OPEN	Open to all ages - Under 8 Policy in effect	TA (Tri Academy): LA (Lifeguard Academy): Enquire at reception 01278 785909			ADULTS 16 to 64 YEARS	£5.00
FAMILY	Under 8 policy relaxed - One adult per 2 children under the age of 8. Adult must accompany children in the water				JUNIOR 3 - 15 YEARS	£4.50
AQUA (S)/(D)	Aqua Fit (S) Shallow end activity, (D) Deep end activity		LADIES SESSION - Restricted to ladies 15 +		ADULT & JUNIOR	£8.50
SA (Swim Academy)	For swimmers enrolled in lessons only - Open to all ages and abilities -				SENIOR 65+	£4.00
SWIM TEAM	For swimmers who have reached stage 6 of Swim Academy through National Level - Enquire at reception 01278 785909				TOTS UNDER 3	£2.00
LANE	16 + Only. Social, Slow, Med & Fast Lane		MASTERS/SWIM CLINIC/STROKE TECH Open to all Swimmers Aged 15 +		SWIM ACADEMY (JNR)	£6.25
LANE (J)	Adults & Competent U 16's welcome. Social, Slow, Med, Fast Lane		POOL AVAILABLE FOR HIRE (Enquire at reception)		SWIM AC/AQUA FIT (ADULT)	£6.25
FUN N FLOATS	Floats & Water Toys provided - Under 8 Policy in effect		OPEN (1/2 pool) Shallow & Deep available (25 M X 5 M)		MASTERS/SWIM FIT/STROKE TECH	£6.25
LANE*	Adult Tri Academy or Stroke Technique available. Please refer to Class timetable for details				TRIATHLON ACADEMY	£8.00

Please note that during any Open, Family or Lane Session a small portion of the pool may be in use for Swim Academy lessons.

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