


POOL SCHEDULE SEPTEMBER 13TH — OCTOBER 24TH 2021

PLEASE BOOK ONLINE AT WWW.BOSPOOL.COM FOR ALL SESSIONS MARKED WITH **(B)**. PLEASE NOTE:

BURNHAM-ON-SEA SWIM & SPORTS ACADEMY
POOL SCHEDULE SEPTEMBER 13TH — OCTOBER 24TH 2021

	MON	TUE	WED	THU	FRI	SAT	SUN	
5:30 AM	ACADEMY SWIM TEAM			ACADEMY SWIM TEAM				
6:00 AM								
7:00 AM	LANES (7:00 - 9:00 AM)	LANES (6:00 - 9:00 AM)	LANES (6:00 - 9:00 AM)	LANES (7:00 - 9:30 AM) WITH (G) STROKE TECHNIQUE 8:30 - 9:00 AM	LANES (6:00 - 9:00 AM)	SWIM TEAM (6:30 - 8:30 AM)	LANES (7:00 - 8:30 AM)	
8:00 AM								
9:00 AM	(G) ADULT BEG/INT LESSON (9:00 - 9:30 AM) WITH (G) AQUAFIT (DEEP) 9:10 - 10:00 AM	PENGUIN CLUB (9:30 - 10:30 AM)	SCHOOLS (9:30 - 10:00 AM)	(G) ADULT BEG/INT LESSON (9:00 - 9:30 AM)			ACADEMY SWIM TEAM SWIM ACADEMY DIVE ACADEMY (8:30 - 11:00 AM)	
9:30 AM								
10:00 AM	SCHOOLS (10:00 - 11:30 AM)	ADULT ONLY SWIM (SH) (10:45 - 11:45 AM) <i>(MID POOL ONLY 11:15 - 11:45 PM)</i> WITH (G) AQUAFIT (DEEP) 10:50 - 11:40 AM	FAMILY/OPEN SWIM (10:00 - 11:30 AM)	SWIM ACADEMY	SCHOOLS (9:30 - 11:00 AM)	SWIM ACADEMY (8:30 - 1:00 PM) <i>(INCLUDING (G) ADULT BEG/INT LESSONS 12:00 PM)</i> TRIATHLON ACADEMY (9:00 - 1:00 PM)	(B) FAMILY/OPEN SWIM with FUN N FLOATS (11:00 - 12:00 PM)	
10:30 AM								
11:00 AM	LANES (11:45 - 1:30 PM) (G) WITH STROKE TECHNIQUE 12:15 - 12:45 PM	SCHOOLS (12:15 - 2:15 PM)	LANES (11:30 - 12:45 PM)	LANES (11:15 - 1:00 PM)	ADULTS ONLY (DEEP) 11:00 - 12:00 PM WITH (G) AQUAFIT (SHALLOW)	DISTANCE SWIM BADGES 1:00 - 2:00 PM <i>(All welcome 25m - 1 mile)</i>	(B) FAMILY/OPEN SWIM with FUN N FLOATS (12:00 - 1:00 PM)	
11:30 AM								
11:45 AM		SCHOOLS (12:15 - 2:15 PM)	LANES (11:30 - 12:45 PM)	LANES (11:15 - 1:00 PM)		JUNIOR/ADULT LANES (1:00 - 2:00 PM)	ACADEMY SWIM TEAM (1:00 - 3:00 PM)	
12:00 PM								
12:30 PM		SCHOOLS (12:15 - 2:15 PM)	SCHOOLS (1:15 - 2:45 PM)	SCHOOLS (1:30 - 2:30 PM)	SCHOOLS (1:30 - 2:30 PM)	(B) FAMILY/OPEN SWIM with FUN N FLOATS (2:00 - 3:15 PM)	PRIVATE HIRE (3:00 - 4:00 PM)	
1:00 PM								
1:30 PM	OPEN/FAMILY SWIM (2:30 - 3:45 PM)	OPEN/FAMILY SWIM (2:30 - 3:45 PM)		(G) AQUAFIT (2:50 - 3:40 PM)	OPEN/FAMILY SWIM (2:45 - 3:45 PM)	(B) FAMILY/OPEN SWIM with FUN N FLOATS (3:15 - 4:30 PM)		
2:00 PM								
2:30 PM	SWIM & LIFEGUARD ACADEMY (3:45 - 6:30 PM)	SWIM & LIFEGUARD ACADEMY (3:45 - 6:00 PM)	SWIM & LIFEGUARD ACADEMY (3:30 - 6:00 PM)	SWIM & LIFEGUARD ACADEMY (3:45 - 6:00 PM)	SWIM & LIFEGUARD ACADEMY (3:30 - 6:00 PM)	ACADEMY SWIM TEAM (4:30 - 5:30 pm)	SWIM LESSONS AVAILABLE:	
2:30 PM								
3:00 PM	SWIM & LIFEGUARD ACADEMY (3:45 - 6:30 PM)	SWIM & LIFEGUARD ACADEMY (3:45 - 6:00 PM)	SWIM & LIFEGUARD ACADEMY (3:30 - 6:00 PM)	SWIM & LIFEGUARD ACADEMY (3:45 - 6:00 PM)	SWIM & LIFEGUARD ACADEMY (3:30 - 6:00 PM)	ACADEMY SWIM TEAM (4:30 - 5:30 pm)	Our Award Winning Swim Academy & Team offers swim lessons & coaching for ages 6 months to 60+ years, from beginners through National competitors. Please Enquire at reception or call 01278 785909 for further details.	
3:30 PM								
3:45 PM	LADIES ONLY (6:30 - 7:30 pm) WITH (G) AQUAFIT (SH)(6:35 - 7:25)	ACADEMY SWIM TEAM (6:00 - 9:30 PM)	ACADEMY SWIM TEAM (6:00 - 7:00 PM)	LANES (7:00 - 8:30 PM)	ACADEMY SWIM TEAM (6:00 - 10:00 PM)	ACADEMY SWIM TEAM (6:00 - 8:00 PM)	PRIVATE POOL HIRE AVAILABILITY: SAT: 5:30 - 7:00 PM SUN 4:00 - 6:00 PM	
4:00 PM								
4:00 PM	LANES (7:30 - 8:30 PM)		LANES (7:00 - 8:30 PM)	(G) MASTERS (DROP-IN) 7-8	ACADEMY SWIM TEAM (6:00 - 10:00 PM)	DISTANCE SWIM BADGES 8:00 PM <i>(All welcome 25m - 300m)</i>	TIME-TABLE SUBJECT TO CHANGE PLEASE CALL 01278 785909 TO CONFIRM	
5:00 PM								
5:30 PM	(G) MASTERS (DROP-IN) (8:30 - 9:30 PM) & SWIM TEAM (8:30 - 10:00)		WESTON AC TRI TEAM (8:30 - 9:30 PM)		ACADEMY SWIM TEAM (6:00 - 10:00 PM)	JUNIOR/ADULT LANES (8:00 - 9:30 PM)		
6:00 PM								
6:00 PM	(G) ADULT BEG/INT LESSON (6:00 - 6:30 PM)	ACADEMY SWIM TEAM (6:00 - 9:30 PM)	ACADEMY SWIM TEAM (6:00 - 7:00 PM)	LANES (7:00 - 8:30 PM)	ACADEMY SWIM TEAM (6:00 - 10:00 PM)	ACADEMY SWIM TEAM (6:00 - 8:00 PM)		
6:30 PM								
6:30 PM	LADIES ONLY (6:30 - 7:30 pm) WITH (G) AQUAFIT (SH)(6:35 - 7:25)	ACADEMY SWIM TEAM (6:00 - 9:30 PM)	ACADEMY SWIM TEAM (6:00 - 7:00 PM)	LANES (7:00 - 8:30 PM)	ACADEMY SWIM TEAM (6:00 - 10:00 PM)	ACADEMY SWIM TEAM (6:00 - 8:00 PM)		
7:00 PM								
7:30 PM	LANES (7:30 - 8:30 PM)		LANES (7:00 - 8:30 PM)	(G) MASTERS (DROP-IN) 7-8	ACADEMY SWIM TEAM (6:00 - 10:00 PM)	DISTANCE SWIM BADGES 8:00 PM <i>(All welcome 25m - 300m)</i>	TIME-TABLE SUBJECT TO CHANGE PLEASE CALL 01278 785909 TO CONFIRM	
8:00 PM								
8:00 PM	(G) MASTERS (DROP-IN) (8:30 - 9:30 PM) & SWIM TEAM (8:30 - 10:00)		WESTON AC TRI TEAM (8:30 - 9:30 PM)		ACADEMY SWIM TEAM (6:00 - 10:00 PM)	JUNIOR/ADULT LANES (8:00 - 9:30 PM)		
9:00 PM								
9:30 PM	(G) MASTERS (DROP-IN) (8:30 - 9:30 PM) & SWIM TEAM (8:30 - 10:00)		WESTON AC TRI TEAM (8:30 - 9:30 PM)		ACADEMY SWIM TEAM (6:00 - 10:00 PM)	JUNIOR/ADULT LANES (8:00 - 9:30 PM)		
10:00 PM								
OPEN	Open to all ages - An adult MUST accompany all children under 16 - Under 8 Policy in effect.					ADULTS 16 to 64 YEARS	£5.25	
FAMILY	Under 8 policy relaxed - One adult per 2 children under the age of 8. Adult must accompany all children Under 16 in the water						JUNIOR 3 - 15 YEARS	£4.75
FUN N FLOATS	Floats & Water Toys provided. An adult MUST accompany all children under 16 in the water - Under 8 Policy in effect.						ADULT & JUNIOR	£9.00
SA (Swim Acad)	For swimmers enrolled in lessons only - Open to all ages and abilities - Contact reception to book swim lessons						SENIOR 65+	£4.25
SWIM TEAM	For swimmers who have reached stage 6 of Swim Academy through National Level - Enquire at reception 01278 785909						TOTS UNDER 3	£2.25
LANE	16+ Only. Slow, Med, Fast & Performance Lane		LADIES SESSION - Restricted to ladies 15 +			SWIM ACADEMY (JNR)	£6.50	
LANE (J)	Adults & Competent U 16's welcome. Slow, Med, Fast & Performance Lane					SWIM AC/AQUA FIT (ADULT)	£6.50	
TA (Tri Academy): LA (Lifeguard Academy):	Please Enquire at reception 01278 785909					MASTERS/SWIM FIT/STROKE TECH	£6.50	
POOL AVAILABLE FOR HIRE (Enquire at reception)							TRIATHLON ACADEMY	£8.50

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

BURNHAM-ON-SEA SWIM & SPORTS ACADEMY
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