



# POOL SCHEDULE OCTOBER 25TH — OCTOBER 31ST 2021



PLEASE BOOK ONLINE AT [WWW.BOSPOOL.COM](http://WWW.BOSPOOL.COM) FOR ALL SESSIONS MARKED WITH (B). PLEASE NOTE:  
AN ADULT (18+) MUST ACCOMPANY ANY UNDER 16 IN THE POOL (REGARDLESS OF SWIMMING ABILITY IN ALL OPEN/FAMILY SESSIONS)

**BURNHAM-ON-SEA SWIM & SPORTS ACADEMY  
POOL SCHEDULE OCTOBER 25TH — OCT 31ST**



	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	ADULT BEG/INT LESSON (9:00 - 9:30 AM) (SHALLOW) WITH (G) AQUAFIT (DEEP) 9:10 - 10:00 AM	DISTANCE SWIM BADGES 9:00 - 9:30 AM (All welcome 25m - 400m)	(B) FAMILY/OPEN SWIM with FUN N FLOATS (9:00 - 10:00 AM)	DISTANCE SWIM BADGES 9:30 - 10:00 AM (All welcome 25m - 400m)	(B) FAMILY/OPEN SWIM with FUN N FLOATS (9:00 - 10:00 AM)	SWIM ACADEMY (8:30 - 1:00 PM) (INCLUDING (G) ADULT BEG/INT LESSONS 12:00 PM) TRIATHLON ACADEMY (9:00 - 1:00 PM)	SWIM AC/TEAM DIVE ACADEMY (8:30 - 11:00 AM)	
9:30 AM		PENGUIN CLUB (9:30 - 10:30 AM)					(B) FAMILY/OPEN SWIM with FUN N FLOATS (11:00 - 12:00 PM)	
10:00 AM	(B) FAMILY/OPEN SWIM with FUN N FLOATS (10:00 - 11:00 AM)	ADULT ONLY SWIM (MID POOL) (10:45 - 11:45 AM) WITH (G) AQUAFIT (DEEP) 10:50 - 11:40 AM	(B) FAMILY/OPEN SWIM with FUN N FLOATS (10:00 - 11:00 AM)	(B) FAMILY/OPEN SWIM with FUN N FLOATS (10:00 - 11:00 AM)	(B) FAMILY/OPEN SWIM with FUN N FLOATS (10:00 - 11:00 AM)			
11:00 AM	(B) FAMILY/OPEN SWIM with FUN N FLOATS (11:00 - 12:00 PM)	(B) FAMILY/OPEN SWIM with FUN N FLOATS (11:45 - 12:45 PM)	(B) FAMILY/OPEN SWIM with FUN N FLOATS (11:00 - 12:00 AM)	(B) FAMILY/OPEN SWIM with FUN N FLOATS (11:00 - 12:00 AM)	ADULTS ONLY (DEEP) 11:00 - 12:00 PM WITH (G) AQUAFIT (SHALLOW)		(B) FAMILY/OPEN SWIM with FUN N FLOATS (11:00 - 12:00 PM)	
11:30 AM								
11:45 AM	LANES (12:00 - 1:30 PM)		LANES (12:00 - 1:30 PM)	LANES 12:00 - 1:30 PM	LANES 12:00 - 1:30 PM	DISTANCE SWIM BADGES 1:00 - 2:00 PM (All welcome 25m - 1 mile)	(B) FAMILY/OPEN SWIM with FUN N FLOATS (12:00 - 1:00 PM)	
12:00 PM	(G) WITH STROKE TECHNIQUE 12:15 - 12:45 PM	LANES (12:45 - 1:45 PM)				JUNIOR/ADULT LANES (1:00 - 2:00 PM)		
12:30 PM	(B) FAMILY/OPEN SWIM with FUN N FLOATS (1:30 - 2:30 PM)	(B) FAMILY/OPEN SWIM with FUN N FLOATS (1:45 - 2:45 PM)	(B) FAMILY/OPEN SWIM with FUN N FLOATS (1:30 - 2:30 PM)	(B) FAMILY/OPEN SWIM with FUN N FLOATS (1:30 - 2:45 PM)	(B) FAMILY/OPEN SWIM with FUN N FLOATS (1:30 - 2:30 PM)	(B) FAMILY/OPEN SWIM with FUN N FLOATS (2:00 - 3:15 PM)		
1:00 PM	(B) FAMILY/OPEN SWIM with FUN N FLOATS (2:30 - 3:30 PM)	(B) FAMILY/OPEN SWIM with FUN N FLOATS (2:45 - 3:45 PM)		(G) AQUAFIT (2:50 - 3:40 PM)				
1:30 PM						(B) FAMILY/OPEN SWIM with FUN N FLOATS (3:15 - 4:30 PM)		
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
3:45 PM	SWIM & LIFEGUARD ACADEMY (3:45 - 6:30 PM)	SWIM & LIFEGUARD ACADEMY (3:45 - 6:00 PM)	SWIM & LIFEGUARD ACADEMY (3:45 - 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)	<b>SWIM LESSONS AVAILABLE:</b>	
4:00 PM								
5:00 PM								
5:30 PM								
6:00 PM	(G) ADULT BEG/INT LESSON (6:00 - 6:30 PM)		ACADEMY SWIM TEAM (6:00 - 7:00 PM)		ACADEMY SWIM TEAM (6:00 - 8:00 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.	
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)	LANES (7:00 - 8:30 PM)	ACADEMY SWIM TEAM (6:00 - 10:00 PM)	DISTANCE SWIM BADGES 8:00 PM (All welcome 25m - 3000m)	PRIVATE POOL HIRE AVAILABILITY: SAT: 5:30 - 7:00 PM SUN 4:00 - 6:00 PM		
7:00 PM								
7:30 PM	LANES (7:30 - 8:30 PM)		(G) MASTERS (DROP-IN) 7-8					
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)					
9:00 PM								
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.

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