

**BURNHAM-ON-SEA SWIM SPORTS ACADEMY**

**AUGUST 31ST - OCTOBER 25TH**

	MON	TUE	WED	THU	FRI	SAT	SUN	
6:00 AM	LANE	LANE	LANE	LANE	LANE			
7:00 AM	LANE	LANE	LANE	LANE	LANE	MASTERS/TA (7:30am)	LANE	
8:00 AM	LANE	LANE	LANE	LANE	LANE	MASTERS/SA	LANE	
9:00 AM	<b>OPEN SESSION</b> 9AM - 12PM 31ST & 7TH SEPT (CLOSED FROM 14TH SEPTEMBER FOR SCHOOLS)		CLUB HIRE	<b>OPEN SESSION</b> 9:00 AM - 10:30 AM 3RD & 10TH SEPT (CLOSED FROM 17TH SEPT FOR SCHOOLS)		SWIM ACADEMY	FAMILY	
9:30 AM		CLUB HIRE	CLUB HIRE		SCHOOLS	SWIM ACADEMY	FAMILY	
10:00 AM		CLUB HIRE	CLUB HIRE		SWIM ACADEMY	SWIM ACADEMY	FAMILY	
10:30 AM		SWIM ACADEMY		<b>OPEN SESSION</b> 11:15AM - 12:15 PM 2ND & 9TH SEPT (CLOSED FROM 16TH SEPT FOR SCHOOLS)	<b>OPEN SESSION</b> 10:30 - 12:00 3RD SEPT (CLOSED FROM 10TH SEPT FOR SCHOOLS)	AQUA/LADIES(D)	SWIM ACADEMY/TA	FAMILY
10:45 AM		SWIM ACADEMY			AQUA/LADIES(D)	SWIM ACADEMY/TA	FAMILY	
11:00 AM		OPEN/AQUA(D)			LADIES	SWIM ACADEMY	FUN	
11:30 AM	OPEN/AQUA(D)		LADIES		SWIM ACADEMY	FUN		
11:45 AM	OPEN/AQUA(D)							
12:00 PM	LANE starts 12:15 from 14th Sept	LANE	SCHOOLS	LANE starts 12:15 from 10th Sept	LANE	FAMILY	OPEN	
12:15 PM		LANE	AQUA (S) 12:15 - 1:15		LANE	FAMILY	OPEN	
1:00 PM	LANE	LANE	OPEN (Deep end) 12:15 - 1:15	LANE	LANE	FAMILY	OPEN (Close at 1pm)	
1:30 PM	LANE	LANE	OPEN (Whole pool 1:15 - 2:00)	LANE	LANE	FUN		
2:00 PM	OPEN/SA	OPEN/SA	U5 Drop in/SENIOR	OPEN/SA	OPEN/SA	FUN		
2:30 PM	OPEN/SA	OPEN/SA	U5 Drop in/SENIOR	OPEN/SA	OPEN/SA	OPEN		
3:00 PM	OPEN/SA	OPEN/SA	U5 Drop in/SENIOR	OPEN/SA	OPEN/SA	OPEN		
3:30 PM	OPEN/SA	OPEN/SA	U5 Drop in/SENIOR	OPEN/SA	OPEN/SA	OPEN		
4:00 PM	SWIM ACADEMY	SWIM ACADEMY	SWIM ACADEMY/TA	SWIM ACADEMY	SWIM ACADEMY	LANE (J)		
5:00 PM	SWIM ACADEMY	SWIM ACADEMY	SWIM ACADEMY/TA	SWIM ACADEMY	SWIM ACADEMY	LANE (J)		
5:30 PM	SWIM ACADEMY	SWIM ACADEMY	SWIM ACADEMY/TA	SWIM ACADEMY	SWIM ACADEMY	LANE (Close 6:00 pm)		
6:00 PM	SWIM ACADEMY	CLUB HIRE	LANES	OPEN(S)/AQUA(D)	LANE			
6:30 PM	LADIES	CLUB HIRE	LANES	OPEN(S)/AQUA(D)	LANE			
7:00 PM	LADIES(D)/AQUA(S)	CLUB HIRE	LANES	CLUB HIRE	LANE	TIME-TABLE SUBJECT TO CHANGE PLEASE CALL 01278 785909 TO CONFIRM		
7:30 PM	LADIES(D)/AQUA(S)	CLUB HIRE	LANE ENDS 8:00 PM	CLUB HIRE	LANE ENDS 8:00 PM			
8:00 PM	LANES	CLUB HIRE	CLUB HIRE	CLUB HIRE	CLUB HIRE			
9:00 PM	LANES	CLUB HIRE		CLUB HIRE				
9:30 PM	LANE ENDS 9:30 PM	CLUB HIRE		CLUB HIRE				

OPEN	Open to all ages - Under 8 Policy in effect	SENIOR	Open to those over 50 only.
FAMILY	Open - Under 8 policy relaxed - One adult per 2 children under the age of 8		TA (Tri Academy) Enquire at reception
AQUA (S)/(D)	Aqua Fit (S) Shallow , (D) Deep end		Available for private hire
LADIES	Ladies Only	UNDER 5	Under 5's and parents/guardians only - Ratio: 1 adult to 2 children
LANE	Age 16 + Only. Social, Slow, Med & Fast Lane (J) = Juniors U 16 welcome		
SA (Swim Academy)	For swimmers enrolled in lessons only - Open to all ages and abilities - Please sign up at reception for courses - 01278 785909		
CLUB HIRE	Closed to Public	SCHOOLS	Closed to Public MASTERS Adult - coached workout - (Enquire at reception)
FUN	Open inflatable in water - not suitable for young children or novice/nervous swimmers - Under 8 Policy in effect		

TIME-TABLE  
 SUBJECT TO CHANGE  
 PLEASE CALL  
 01278 785909  
 TO CONFIRM

