

BURNHAM-ON-SEA SWIM SPORTS ACADEMY

NOVEMBER 2ND - DECEMBER 12TH											
	MON	TUE	WED	THU	FRI	SAT	SUN				
6:00 AM	LANE (6:00 - 9:00 am)	LANE (6:00 - 9:00 am)	LANE (6:00 - 9:00 am)	LANE (6:00 - 9:00 am)	LANE (6:00 - 9:00 am)						
7:00 AM							MASTERS/TA (7:30 - 8:30 am)	LANE (7:00 - 9:00 am)			
8:00 AM											
9:00 AM	MON 2ND NOV OPEN SESSION (9:00- 12:00) 9TH NOV - 13TH DEC SCHOOLS (9:00 - 12:15 pm)		CLUB HIRE (9:00 - 10:30 am)	SCHOOLS (9:00 - 12:15 pm)		SWIM ACADEMY (8:30 am Start)	FAMILY (9:00 - 11:00 pm)				
9:30 AM		CLUB HIRE (9:30 - 10:30 am)						SCHOOLS			
10:00 AM		SWIM ACADEMY (10:30 - 11:00 am)									
10:30 AM											
10:45 AM		COFFEE CLUB(S) AQUA(D) (11:00 - 12:00 pm)	SCHOOLS (10:45 - 12:15 pm)			AQUA/LADIES(D) (10:30 - 11:30 am)	SWIM ACADEMY/TA				
11:00 AM						LADIES (12:00 pm End)	SWIM ACADEMY (12:00 pm End)	FUN N FLOATS (11:00 - 12:00 pm)			
11:30 AM											
11:45 AM											
12:00 PM		LANE (12:15 - 2:00 pm)	LANE (12:00 - 2:00 pm)		AQUA (S) 12:15 - 1:15	LANE (12:15 - 2:00 pm)	LANE (12:00 - 2:00 pm)	FUN N FLOATS (12:00 - 2:00 pm)	OPEN (12:00 - 1:00 pm)		
12:15 PM					Adult Swim (Deep end) 12:15 - 1:15						
1:00 PM	Adult swim (Whole pool) 1:15 - 2:00										
1:30 PM											
2:00 PM	OPEN/SA (2:00 - 4:00 pm)	OPEN/SA (2:00 - 4:00 pm)	U5 DROP IN/SENIORS (2:00 - 4:00 pm) <small>(Teacher 2:00 - 3:00 pm to advise Parents/tots & Seniors)</small>	OPEN/SA (2:00 - 4:00 pm)	OPEN/SA (2:00 - 4:00 pm)	OPEN (2:00 - 4:00 pm)					
2:30 PM											
3:00 PM											
3:30 PM											
4:00 PM	SWIM ACADEMY (4:00 - 6:30 pm)	SWIM ACADEMY (4:00 - 6:00 pm)	SWIM ACADEMY/TA (4:00 - 6:00 pm)	SWIM ACADEMY (4:00 - 6:00 pm)	SWIM ACADEMY (4:00 - 6:30 pm)	SWIM ACADEMY					
5:00 PM											
5:30 PM											
6:00 PM		LADIES	CLUB HIRE (6:00 - 10:00 pm)	LANE (J) (6:00 - 8:00 pm)	SWIM AC/AQUA(D) (6:00 - 7:00 pm)	LANE 16+ (6:00 - 8:00 pm) <small>(3 Lanes only from 6:00 - 6:30 pm)</small>	LANE (J) (4:30 - 6:00 pm)				
6:30 PM											
7:00 PM											
7:30 PM											
8:00 PM					LANE 16+ (8:00 - 9:30 pm)		CLUB HIRE (7:00 - 10:00 pm)				
9:00 PM											
9:30 PM											
OPEN	Open to all ages - Under 8 Policy in effect		SENIOR	Open to those over 50 only.		ADULTS 16+	£3.50				
FAMILY	Open - Under 8 policy relaxed - One adult per 2 children under the age of 8			TA (Tri Academy)	Enquire at reception	U16 & 65+	£2.50				
AQUA (S)/(D)	Aqua Fit (S) Shallow , (D) Deep end			Available for private hire		TOTS U3	£1.25				
LADIES	Ladies Only	UNDER 5 DROP IN	Under 5's and parents/guardians only - Ratio: 1 adult to 2 children			CLASSES	£5.00				
SA (Swim Academy)	For swimmers enrolled in lessons only - Open to all ages and abilities - Please sign up at reception for courses - 01278 785909										
LANE	16 + Only. Social, Slow, Med & Fast Lane		MASTERS	Adult - coached workout - (Enquire at reception)							
LANE (J)	Competent U 16's welcome. Jnr, Social, Med, Fast Lane			COFFEE CLUB	Open to 16 + Free tea or coffee included in regular swim price						
FUN N FLOATS	Floats & Water Toys provided - Under 8 Policy in effect			CLUB HIRE/SCHOOLS		Closed to Public	www.bospool.com				