

# NEW FOR 2023 MEMBERSHIP

In 2022 we teamed up with Chanctonbury Leisure Centre, Storrington. Join Arundel Lido as a member and enjoy half price swims, reduced rate Aqua Aerobics and Circuits and membership rates at Chanctonbury Leisure Centre including the Gym, Sauna, Steam Room and any classes or court hire.

## Session prices

**Lane Swims:** (1 hour)

**Open Sessions:** (3 hours)

Adult £7, Junior £5, Family (2+2) £20

**All Day Sessions:** (7 hours during Weekends & School Holidays) – Adult £12, Junior £8, Family (2+2) £35

**Circuits and Aqua Aerobics:** £7.50

This season we are proud to offer a wider variety of memberships:

### Adult Memberships:

£50 per year and £3.50 per swim  
£5.50 for Circuits & Aqua Aerobics

### Junior Membership:

£25 per year and £2.50 per swim

### Gold Memberships:

Gold members can pay an annual fee and enjoy all swimming activities fully included at Arundel Lido. Circuits and Aqua Aerobics are £5.50 for members and member prices are applicable at Chanctonbury Leisure Centre.

**Adult Gold Member:** £150 per year

**Junior Gold Member:** £100 per year

**Family Gold Members:** £350 per year (2 adults & 2 Juniors)

# POOL SITE SAFETY

Your safety is our priority. We will continuously work to ensure we can provide a safe and enjoyable experience for our visitors.

Our main pool has a maximum capacity of 100 people the baby pool has the capacity of 90. We work our lifeguards to rotate and increase / decrease with bather loads.

After each session all our changing rooms, benches and toilet facilities are sprayed and wiped down prior to the next session. Please help us to stay safe, do not attend your session if you are unwell.

All children under 8 must be supervised in the small pool area and in the water when in the main pool. Ratio 1 Adult - 3 under 8's

## THANK YOU TO OUR SPONSORS



If you would like to get involved and become a proud sponsor for the 2024 season please contact [manager@arundel-lido.com](mailto:manager@arundel-lido.com) to discuss what the package involves and how this could support your business.



**DID YOU KNOW**

Arundel Lido proudly displays the 'working towards' Dementia friends' sticker!



# ARUNDEL LIDO 2023



29th April - 17th September

## ALL SESSIONS ARE PRE BOOK

Walk-ins available subject to capacity

**Sessions include:** Early Morning and Evening Adult Only Swims, Open Sessions, Lane Swims, Swimming Lessons.

# PRIVATE HIRE BOOKING

Enjoy your own gathering in our **pool**, **marquee** and **field**, you can also hire our gas **BBQ**. It's an excellent facility to hold end of term school parties, birthday parties and even corporate events. Our marquee is available all year, pools are available during the season. For more information, please contact [manager@arundel-lido.com](mailto:manager@arundel-lido.com)



**GUARANTEE YOUR SESSION**

Book in advance at [www.arundel-lido.com](http://www.arundel-lido.com)  
Walk-ins also available

Charity Registration 1091478



Arundel Lido, Queen Street, Arundel, BN18 9JG

# ABOUT THE LIDO

Arundel Lido offers outdoor swimming with heated pools in a stunning setting situated in the picturesque town of Arundel, in the South Downs National Park. A Lido is more than just an outside swimming pool. The term 'Lido' originates from the name of the place in Venice where bathing took place. Lidos usually have areas for sunbathing, relaxing, eating and are designed for activities around the water. Arundel Lido is proud to offer all these facilities.

Today Arundel Lido is the only remaining Lido in West Sussex. It is operated by a Charitable Trust.

The 2023 season promises to be fun packed with activities for you and your family. Our heated pools will open daily



from Saturday 29th April to Sunday 17th September 2023. After this date, cold water swimming will be offered subject to demand and staff availability.

Festive Swims on 24th, 25th, 26th & 31st Dec and 1st Jan 2024, where the main pool will be heated.

## On Site Facilities

- Main Pool – 25m swimming area with a 5m entry area. 1 – 1.5m depth
- Small Pool – 0m – 0.65m depth
- Grass Areas
- Play Equipment for Toddlers & Juniors
- Marquee for Hire and Events
- Toilets – Mens, Ladies & Accessible
- Changing – Family change, Large changing facilities, Individual facilities
- Kiosk – serving hot & cold refreshments, ice creams and snacks.
- Shop – swim nappies for babies and toddlers, arm bands, swim hats, goggles, inflatable pool toys, reusable mugs & umbrellas, Arundel Lido branded hoodies & water bottles.

**BECOME A MEMBER TODAY!**

Gold members include all swim sessions and guaranteed entry even on the day.

# OUR ACTIVITIES

All activities and swim sessions can be booked via our website [www.arundel-lido.com](http://www.arundel-lido.com)

## Open Sessions

Enjoy both pools and our grass areas throughout your open session. Sessions will be available most days and weekends. **The first session every Sunday morning will include Sid the Sub from 10-11:30**, our giant inflatable submarine for the whole family to enjoy in the main pool. We recommend that you are water confident to go on Sid and have FULL adult supervision at all times.

The entry area and small pool will also be open during this session for you to move around freely along with our kiosk for refreshments.

## Parent & Toddler Play

Sessions take place in the small pool every Wednesday morning. This pool is shallow from 0 – 0.65m deep (knee height) so a great way to build water confidence with little ones. Swim nappies MUST be worn.

## Lane Swimming

For people who can continuously swim lengths in the main pool. The pool is sectioned into lanes for different speeds, strokes and abilities. These may change so please always ask the lifeguard if you are not sure. The lifeguards will also monitor the swimmers and may ask swimmers to change lanes for safety.

**EARLY BIRDS**  
Monday, Wednesday and Friday 6:30-9am  
**LATE SWALLOWS**  
Tuesday and Thursday 7-9pm

## Adult Only Lane swims

**Early Birds** Monday, Wednesday and Friday morning and **Late Swallows** Tuesday and Thursday evening sessions for adults only with lanes to help keep swimmers moving. The lifeguards will monitor the lanes and may ask swimmers to change lanes for safety. Coffee & croissants are back on Wednesday's Early Birds and drinks & nibbles during Thursdays Late Swallows, available in the marquee.

## Just Water & Me

A relaxed session for people to enjoy the water, develop confidence and take their time to swim lengths and rest in between.

## Aqua Aerobics

Join the lovely Emma every Tuesday 9am and Wednesday 6pm in the Main Pool.

## Circuits

Develop your personal physical well-being with our year-round circuit session delivered by Peak Performance. Qualified coaches help you achieve your individual fitness goals using a variety of functional movements. Sessions run Saturday mornings 8:45 – 9:30am and Thursday Evenings 7:15 – 8pm £7.50 per adult £5.50 for members. Sessions should be pre booked via our website

## Elevenes 'the Community Cuppa'

Join us for coffee and cake and catch up with friends to help reduce isolation in the local community with regular visits from our Dementia friendly nurse.

## Mermaid Swimming

The lovely Anna from South Coast Mermaids. To book or more information please contact Anna directly through the South Coast Mermaids website.

## SEND sessions

Every Sunday Morning from 9-10am families can enjoy a relaxed session with other SEND families.

## Festive Swims

Join us for our traditional Festive Swims in our HEATED pool on the 24th, 25th, 26th & 31st December and 1st January 2023/4!! What better way to start your festive celebrations.

## Session Times:

10-10:30, 10:30-11, 11-11:30, 11:30-12, 12-12:30, 12:30-1

30 minutes in the pool then Festive refreshments available in the Marquee after.



## Bookings

All our sessions are available to pre book through our website. We recommend you do this to avoid disappointment. If you have not booked, you can turn up and pay on the door if there is availability in the session. You can book online [www.arundel-lido.com](http://www.arundel-lido.com) or call our team on 01903 884772 and we can take the booking over the phone.

# SWIMMING LESSONS

## Saturday Morning Swim School

Throughout the season for children (max group size 6) a great way for children to develop their water confidence and swimming techniques. Suitable for children aged 5+.

## School Holiday Swimming Lessons

Extra swimming lessons run during the school holidays to help keep children active and develop their swimming technique.

## 1-1 Swimming lessons for adults and children

Available to book all season at a time and date to suit you, just contact the Manager to arrange a time.

## 2-1 swimming lessons for adults and children

Available to book all season at a time and date to suit you, just contact the Manager to arrange a time.

