

2025 SUMMER MEMBERSHIP

GOLD MEMBERS
guaranteed access without having to book

Become a member of Arundel Lido and take advantage of discounted swims, lower rates for instructor-led activities, and special membership prices at Chanctonbury Leisure Centre.

Adult Memberships - £65 + £4.25 per visit

Junior Membership - £27.50 + £2.75 per visit

Gold Membership - Adult £180 per year, Junior £110, Family (2+2) £360 - then FREE ENTRY to all sessions.

Gold Members enjoy complimentary access to all swimming sessions and receive half-price rates for instructor-led activities, such as Functional Fitness, Swimming Lessons, and Aqua Aerobics.

Open Sessions (3 hours) - Adult £8.50, Junior £5.50, Family (2+2) £23.00, Concession/Spectator £5.50

All Day Sessions (7 hours during Weekends & School Holidays) - Adult £15, Junior £10.00, Family (2+2) £40.00, Concession/Spectator £9.50

Swim Lessons (Saturday Morning / Crash Course / Parent & Toddler) £11.50 per swimmer per lesson, or 10 Lessons for £100

1-1 Swim Lesson - £25

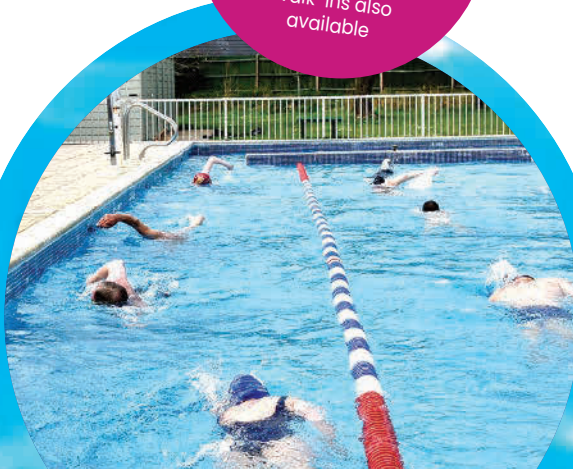
2-1 Swim Lesson - £35

PRIVATE HIRE BOOKING

GUARANTEE YOUR SESSION
Book in advance at www.arundel-lido.com
Walk-ins also available

You can host your own event at our pool or grounds, with the option to hire our BBQ for catering or bring in outside catering services.

This venue is perfect for end-of-term school celebrations, birthday parties, and corporate or charity events. Our Marquee is available year-round, while our heated pools are open during the summer season and for festive swims. For more details, please reach out to Nikki at manager@arundel-lido.com.



POOL SITE SAFETY

Your safety is our top priority. We are committed to consistently providing a safe and enjoyable experience for all our visitors. The main pool can accommodate up to 100 individuals, while the smaller pool has a capacity of 60.

Our lifeguards are assigned based on the number of swimmers present in the pools at any given time.



After each session, all changing rooms and toilet facilities are thoroughly cleaned.

Children under the age of 8 must be supervised in the small pool area and while in both pools. The required supervision ratio is 1 adult for every 3 children under 8.

THANK YOU TO OUR SPONSORS



If you're interested in becoming a proud sponsor for the 2026 season, please reach out to manager@arundel-lido.com to explore the sponsorship package details and discover how this opportunity could benefit your business.

DID YOU KNOW
We are a Charity and receive no regular external funding. We need your support to help us continue to provide this well loved facility.

CELEBRATING **21** YEARS
Arundel Lido



ARUNDEL LIDO 2025



5th April - 30th September HEATED
1st October - 30th March 2026 COLD

ALL SESSIONS ARE PRE BOOK

To guarantee entry, all sessions can be pre-booked via our website

Sessions include: Early morning and evening adult only swims. Open sessions, toddler sessions, lane swims, swimming lessons and much more!

Cold water sessions: October - March (subject to demand)

Charity Registration 1091478

lidoarundel
 Arundel Lido
 www.arundel-lido.com
 01903 884772 or Text: 07757 381211

Arundel Lido, Queen Street, Arundel, BN18 9JG

Celebrating 21 YEARS OF ARUNDEL LIDO



The Fitzalan Pool was saved by dedicated local volunteers through fundraising and determination, reopening as Arundel Lido in 2002 after refurbishment of the small pool. The main pool followed in 2004, and now, we celebrate our 21st anniversary as a fully operational facility. The 2024 season lasted 47 weeks, with 2025 anticipated to be even longer! Join us for our 21st Celebration open event on 5th April.

Arundel Lido provides outdoor swimming all year round. During the summer season, heated swimming is available from April to September, while our cold water season extends through the winter months. Nestled in the beautiful town of Arundel, within the South Downs National Park, Arundel Lido is more than just a swimming pool. The 2025 Season is set to be filled with exciting activities for you and your family. Our heated pools will be open daily from Saturday, April 5th, until Tuesday 30th September 2025, marking our longest summer season yet.

For more details, please visit:

www.arundel-lido.com. Our cold water swim season will run from October to the end of March and is not covered by the Summer Membership.

Separate Cold Memberships are available, and cold water sessions operate on a pay-as-you-go basis, not in summer packages. Festive swim sessions will be offered during the Christmas and New Year period, with more information to be provided later in the year.

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, ideal for picnics
- Play equipment for toddlers & kids
- Marquee for hire for private events
- Mens, ladies and accessible toilets
- Changing facilities for families and individuals
- Food and drinks kiosk, serving hot & cold refreshments, ice creams and snacks
- On-site shop selling a selection of swimming accessories including swim nappies for babies and toddlers, arm bands, swim hats and goggles, inflatable pool toys, reusable mugs and umbrellas, plus Arundel Lido branded hoodies and water bottles
- Pay as you go car park

DID YOU KNOW

Arundel Lido is the only remaining Lido in West Sussex

LIDO ACTIVITIES

Open Sessions

Make the most of your open session by enjoying both pools and our grassy areas. Sessions will be available on most days and weekends. Every Sunday morning, the first session will feature our inflatable from 10:00-11:30am allowing the whole family to enjoy the giant inflatable in the main pool. We recommend that participants are water confident and have full adult supervision at all times. During this session, the entry areas of both the main pool and the small pool will be accessible, along with our kiosk offering refreshments.

Parent & Toddler Play & Lessons

Wednesday mornings are focused on building Water Confidence for both parents and babies. From April to May, the small pool will be open for fun splashplay. In June and July, we will hold swimming lessons from 9:15-9:45am in the mainpool, followed by additional splash play in the small pool.

Lane Swimming

Open to all customers who can swim 25m lengths continuously.

Adult Only Lane Swimming

Early birds – Monday, Wednesday 6:30-9:00am Fridays 6:30-8:30am – Adult only Lane Swim sessions with the options of a hot drink and croissant on a Wednesday morning to help raise funds for the Lido.

Late swallows – Tuesday and Thursday evenings 7:00-9:00pm adult only lane swim sessions with the option of a social evening on a Thursday to help raise funds for the Lido.

Training & Qualifications:
We deliver a variety of Lifeguard and Swim Teacher courses along with First Aid qualifications throughout the year. If you are interested ask a member of the team

Adult swim coaching – Every Saturday morning from 8:30am & 9:00am for swimmers who want to develop and improve their swim technique

Just Water & Me

Relaxed swim sessions with wider lanes, for customers with limited swimming stamina, injuries, or disabilities, who like to swim at their own pace with no pressure and the ability to stop and rest at the ends.

SEND Sessions

Every Sunday Morning from 9:00-10:00am families can enjoy a relaxed session with other SEND families. Families are welcome to stay for the inflatable session or take their time to leave the site.

Aqua Aerobics

Join the lovely Emma, every Tuesday at 9:00am and Wednesday at 6:15pm in the main pool. Wednesday Sessions will run until the end of July.

Functional Fitness

Jacob is a fully qualified instructor ready to assist you in enhancing your functional fitness. This session is designed for adults looking to boost their fitness levels. All exercises can be tailored to accommodate your individual fitness level, ensuring you get the most out of every session. Wednesday 6:30-7:30pm Saturdays 8:00-9:00am.

Elevenes 'the Community Cuppa'

Join us every Monday from 11:00-1:00pm 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.

Festive Swims

Join us for our annual Festive swims in our heated pool over the Christmas and New Year period. More information to be shared later in the year.

JUNIOR ACTIVITIES

BOOK NOW

All activities and swim sessions can be booked via our website www.arundel-lido.com or call our team on 01903 884772

Water Polo

What better way for your child to improve their swimming skills, develop water confidence and become part of a team. Join us every Tuesday from 6:00-7:00pm, Term time only (22nd April - 20th May 3rd June - 15th July). Players must be water confident to participate in this activity.

Youth Gym

Thanks to the support of Arundel Town Council we are offering a FREE Youth gym session for anyone age 14-17 every Wednesday from 5:00-6:30pm.

Teddy Bear Picnic

this year we will be visited by the lovely Cathy Watts who will be delivering workshops on her characters in the Sandies books.

For more information and to book places for any of our junior activities, please visit: www.arundel-lido.com

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+. 8:30-9:00am Beginners 9:00-9:30am Advanced. £11.50 per swimmer per session or 10 lessons for £100.

School Holiday Swimming Lessons

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

1-1 and 2-1 Swim Lessons

These sessions need to be arranged by a swim teacher or the Manager. This is a private lesson where your child will work with a qualified swim teacher in a 1-1 or 2-1 swim lesson.

Rookie Lifeguard

Rookies this summer, we will be running courses every week during the summer holidays on Wednesday to Friday 8:30-10:30am for all levels. Sessions will be adapted to ensure that levels are achieved for the relevant award. £60 (£50 for Members) per Rookie, per 3 day course.

Inflatable Sessions

Enjoy our new giant inflatable in the main pool during the open session every Sunday morning from 10:00-11:30am All swimmers should be water confident and supervised during this activity.

