

## What's on at the Lido in 2008

### MAY

**Saturday 17 May** **Preview Day** 10am - 1pm

Come along and visit the Lido site, see what we've done over the Winter and meet the Trustees and some of the staff who will be looking after you during the 2008 Summer Season.

No entry charge. Light refreshments available.

*It's also Farmers Market Day, so you could combine two trips in one!*

**Saturday 24 May** **Opening Day** 12noon - 7pm

The first day of the 2008 Summer Season!

Entry (12noon - 6pm) is FREE to all residents of Arundel and Friends of Arundel Lido.

**Saturday 24 May** **Opening Day Party** 7:30pm

Marquee, Live Music, Disco, Paella and BBQ, Licensed Bar.

Adult Entry: £10 (£8 concessions/£5 under-16s/ FREE for under-5s)

### JUNE

**Sunday 8 June** **Arundel Triathlon** **Organiser: Raw Energy Pursuits**

If you enjoy a sporting challenge involving swimming, cycling and running, this event offering longer and shorter races could be for you. For more information and a booking form, visit [www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk)

**Saturday 21 June** **Midsummer Night's Ball** 7:30pm for pre-Dinner Drinks

This year's "posh do"! In aid of MacMillan Cancer Support and Arundel Lido.

Grand Marquee – with Dinner/Dance, Entertainment, Licensed Bar and Grand Raffle.

Black Tie event. It should be 'The Night of The Year' don't miss it!

Tickets: £60 (to include Dinner & Wine at Table) from 01903 883083 or 884772

Carriages at 1am

### JULY

**Wednesday 23 July** **START LONGER HOURS**

**10 AM TO 7PM**

**Saturday 26 July** **Jam at the Lido**

from 7:30pm

By popular request, the return of last year's great event!  
Live Music from two local bands, with Disco Music in between.  
Francesco's Paella and a Special Lido BBQ, plus Licensed Bar.  
Adult Entry: £10 (£8 concessions/£5 under-16s/ FREE for under-5s)

## AUGUST

**Saturday 23 August to August 31** **Arundel Festival at the Lido**

A week-long programme of events, organised in conjunction with the Arundel Town Festival Committee, including children's activities, music and drama, festivities and fun.  
(Details to be announced later and included in the Arundel Festival Programme)

*An exhibition of local children's paintings will be displayed at the Lido as part of the Gallery Trail*

**Monday 25 August** **Bank Holiday Races**

8am to 9:30am

An early morning event to wake you up. Enter with a competitive spirit and show just how fast you can swim 250m (10 lengths). A fun event, regardless of your ability. Free to enter. Optional breakfast and refreshments at a small charge.

**Wednesday 27 August** **Teddy Bears Picnic**

2pm to 4pm

Bring your own picnic and **teddy** – prize awarded for the best dressed teddy. No charge for children accompanied by a teddy.

**Saturday 30 August** **Fairtrade Party**

Party starts at 7:30pm

**Sunday 31 August** **Fireworks Party**

Party starts at 6:30pm

The now traditional Firework Party, to celebrate the last night of Arundel Festival.  
Live Music, Disco, BBQ & Licensed Bar – plus grandstand view of Festival Fireworks at 8.30pm  
Entry £5 (FREE for under-5s and Season Ticket Holders and Friends of Arundel Lido)

## SEPTEMBER

**Sunday 7 September**    **End of season LAST DAY FOR PUBLIC SWIM**    10am to 7pm

**Saturday 13 September**    **Swimathon**    8am to 4pm

How many lengths can your 6-person relay team swim in one hour? And, in doing so, how much can that team raise for charity?

Organised by Arundel Rotary Club, this event will run from 8am to 4pm, with up to 40 teams competing. Prizes for longest distance swum and most money raised for charity.

Certificates for ALL competitors. More details (and entry forms) from: Malcolm Williams, 01243 551524.

## CLUBS

If you would like to **swim early and get energized** before work or **swim and relax** late in the evening, join one of our clubs. Clubs are for club members only. **Members must be over 18 and competent swimmers.** New members are always welcome. Call Clive 01903 884419, or drop in at Castle Chocolates, Arundel

**Early Birds Club**    **Organisers: Clive & Lynne Gardner**    **Wednesday 6:30am to 8:30am**  
*Every Wednesday morning from 6:30 am to 8:30 am, during the season, starts 28 May.*  
Would you enjoy an early morning swim in a heated outdoor pool? If yes, why not join Early Birds! After your refreshing swim, stay for croissants, a hot drink and a chat.

**Late Swallows**    **Organisers: Clive & Lynne Gardner**    **Thursday 7:30pm to dusk**  
*During the season, every Thursday evening from 7:30 pm to dusk, starts 12 June.*  
After a long day there is nothing better than to relax with a swim in a heated pool and bask in the luminescence of the new underwater pool lights. Afterwards, watch the sun set over Arundel Cathedral whilst enjoying a glass of wine.

## SPECIAL SESSIONS

**Aqua Moves to Music**    **Organiser: Emma Wynter**    £4.50 per Tuesday

- **First session from May 27 to July 15 Tuesday 11am to 11:45am**
- **Second session August 19 to September 9 Tuesday 9am to 9:45am**

Back by popular demand aquarobics class, Tuesday mornings. Increase your fitness and have fun with woggles. It will help coordination, flexibility and stamina. Shallow water work-out, easy choreography, suits all levels. Great for young and old alike!

**Finns Swim Club *Adult Improvement Swimming Lesson* Organiser: Francis Gifford**

Train to improve your swimming technique, or to prepare for a Triathlon. A half-hour improvement lesson for small groups of 6 to 7. Starting as of 26 May and throughout the season, subject to demand. Times to be arranged outside normal pool opening hours. Please call 01903 882404 for further details and to sign up.

**Dolphin Swim Club Organiser: Mary Peach Saturdays 11am to 11:45am**

*This Club will run during the summer school term from 31 May to 19 July*

Sessions will include lessons and recreational swim. All abilities welcome; age 4 upwards; Up to 10 per class. Club membership £10 plus £3 per session. Call 01903 882404 to sign up or for more details.

**Dolphin Swimming Organiser: Mary Peach 9-9:30 am Monday-Friday**

*Children's Swimming Lessons will run during the school holidays, starting Monday 28 July*

Repeat of last year's popular intensive week-long swimming lesson during school holidays. Half hour, Monday to Friday sessions. Beginners and advanced groups. Age 4 upwards. £25 per week. Call 01903 882404 to sign up or for more details.