



## Reduced Temperature Fortnight

As always at this time of year, we will be gradually reducing the water temperature down to 21°C where it will then be maintained until 8th October. With this comes our new reduced timetable (please see below). We have altered this compared to previous years to allow us to cater for more swimmers who use the Lido at different times throughout the day.

The sauna will still be open during all swim sessions and we will be operating the cafe shack, rather than the main cafe.

KEY:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane swim	7:15-8:15	Closed	7:15-8:15	Closed	7:15-8:15	Closed	Closed
Open swim	8:20-9:20		8:20-9:20		8:20-9:20		
	9:30-10:30		9:30-10:30		9:30-10:30		
	Lane Changeover	Lane Changeover	Lane Changeover	Lane Changeover	Lane Changeover	Lane Changeover	Lane Changeover
	11:00-13:00	12:00-14:00	11:00-13:00	12:00-14:00	11:00-13:00	12:00-14:00	12:00-14:00
	Closed	14:30-16:30	Closed	14:30-16:30	Closed	14:30-16:30	14:30-16:30
		Lane Changeover		Lane Changeover		Lane Changeover	
		17:00-18:00		17:00-18:00		17:00-18:00	

## Cold Water Swims (Winter Season)

We are delighted to be offering cold water swimming this winter, starting Saturday 23rd October! Due to daylight and demand, we have currently limited the sessions to 3 days a week - please see the timetable below.

### Wednesdays

10:45am-11:45am

12:00pm-1:00pm

### Saturdays

9:30am-10:30am

10:45am-11:45am

### Sundays

9:30am-10:30am

10:45am-11:45am

We will be offering limited monthly pre-paid tickets, as well as the option to pay-as-you-swim. The prices will be as follows:

Monthly Ticket		Pay-As-You-Swim	
Adult (inc. parking)	£31.50	Adult	£7
Adult (without parking)	£25.20	Concession	£5
Concession (inc. parking)	£24	Please be aware that P-A-Y-S tickets do not include parking - please pay at the machines. Proof of concession is required (includes students, over 63s, disabled, unemployed)	
Concession (without parking)	£18		

Monthly tickets for Oct/Nov will go on sale **Monday 4th October!** We will calculate this period on a pro-rata basis to include the final week of October within the November ticket.

We are continuing our research into cold water swimming and will keep you updated with our findings. Wetsuits are advised, but not mandatory. In the meantime, you can prepare yourselves by taking cold showers safely at home.

**We look forward to seeing you all take the plunge very soon!**

### **Sandford Parks Lido**

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