

# Eastbourne Swimming Club

## Training Times and Pool Usage from 1st March 2026

Section/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
<b><u>Beginners</u></b> Charge of £30 per Month via Standing Order (S.O.)	Sovereign Centre (Boom Pool) 6:30pm - 7:00pm 7:00pm - 7:30pm						Annual Membership Subs £24
<b><u>Adult Beginners</u></b> Charge of £30 per Month via Standing Order (S.O.)	Sovereign Centre (Boom Pool) 7:30pm - 8:00pm						Annual Membership Subs £24
<b><u>Pre-Improvers</u></b> Charge of £30 per Month via S.O.	Sovereign Centre (Training Pool) 6:30pm - 7:00pm						Annual Membership Subs £24
<b><u>Improvers 1</u></b> Charge £30 / £40 / £44 per Month via S.O.	Sovereign Centre (Training Pool) 7:00pm - 7:30pm		Hillbrow, Meads 6:00pm - 6:45pm		Hillbrow, Meads 6:00pm - 7:00pm		Annual Membership Subs £44
<b><u>Improvers 2</u></b> Charge £30 / £40 / £44 per Month via S.O.	Sovereign Centre (Training Pool) 7:30pm - 8:15pm		Hillbrow, Meads 6:00pm - 6:45pm		Hillbrow, Meads 6:00pm - 7:00pm		Annual Membership Subs £44
<b><u>Improvers 3</u></b> Charge £30 / £43 / £49 per Month via S.O.	Sovereign Centre (Gala Pool) 6:00pm - 7:00pm		Hillbrow, Meads 6:45pm - 7:30pm		Hillbrow, Meads 7:00pm - 8:00pm	↓ ↓ ↓ ↓ ↓ ↓ Note for Elite and Squad:	Annual Membership Subs £44
<b><u>Development Squad</u></b> Charge £30 / £43 / £49 per Month via S.O.	Sovereign Centre (Gala Pool) 6:00pm - 7:00pm		Hillbrow, Meads 6:45pm - 7:30pm		Hillbrow, Meads 7:00pm - 8:00pm	These Saturday Sessions do not run every Saturday because they may clash with County Galas and Open Meets etc. This has already been taken into account within the Monthly Charge.  ↓ ↓ ↓ ↓ ↓ ↓	Annual Membership Subs £44
<b><u>Fitness Squad</u></b> Charge £30 / £44 per Month via S.O.	Sovereign Centre (Gala Pool) 8:30pm - 9:30pm				Sovereign Centre (Gala Pool) 8:00pm - 9:00pm		Annual Membership Subs £44 / £49
<b><u>Junior Squad</u></b> One Charge £70 per Month via S.O.	Sovereign Centre (Gala Pool) 7:00pm - 8:30pm	Eastbourne College 6:00pm - 7:00pm Pool 7:00pm - 8:00pm Gym (Sports Hall)		Hillbrow, Meads 6:00pm - 7:00pm	Sovereign Centre (Gala Pool) 6:00pm - 7:00pm		Annual Membership Subs £44 / £49
<b><u>Squad</u></b> One Charge £73 per Month via S.O.	Sovereign Centre (Gala Pool) 7:00pm - 8:30pm	Eastbourne College 6:00pm - 7:00pm Pool 7:00pm - 8:00pm Gym (Sports Hall)		Hillbrow, Meads 7:00pm - 8:00pm	Sovereign Centre (Gala Pool) 6:00pm - 8:00pm	Eastbourne College 6:30am - 8:30am By Invite Only	Annual Membership Subs £44 / £49
<b><u>Elite Squad</u></b> One Charge £84 per Month via S.O.	Eastbourne College 7:00pm - 8:00pm Pool 8:00pm - 9:00pm Gym (Sports Hall)	Eastbourne College 6:30am - 8:00am 7:00pm - 9:00pm	Eastbourne College 7:30pm - 9:30pm	Eastbourne College 6:30am - 8:00am	Eastbourne College 7:00pm - 9:00pm	Eastbourne College 7:00am - 8:30am But 6:30am - 8:30am If Available	Annual Membership Subs £44 / £49
	Please Note:- The week day morning Session Times will change during the College Holidays to 7:15am - 8:30am						
<b><u>Masters</u></b> Charge £30 / £44 per Month via S.O.	Sovereign Centre (Gala Pool) 8:30pm - 9:30pm				Sovereign Centre (Gala Pool) 8:00pm - 9:00pm	↑ ↑ ↑ ↑ ↑ ↑ Note for Elite and Squad:  Please check with your Coach each week as to whether the session is going to take place and to which of the above Times will be in operation.  ↑ ↑ ↑ ↑ ↑ ↑	Annual Membership Subs £49

**PLEASE NOTE:-** Once a swimmer has selected and advised the Club of which night/s they will be swimming they cannot change nights because they are unable to attend on their selected night. There is a limit on the number of swimmers that can attend each session and each swimmer's selected night/s are marked up on the Group's Register.

**Please Note:**

Where applicable only one Annual Membership Subscription is charged (**Renewable from the 1st January each year**). This allows a Member to attend any number of disciplines, subject to acceptance and meeting the qualifying criteria.  
**Family Full Membership** (Two Senior Members and any number of Junior Members from one Family.)  
**Senior Member** (17 or over at end of current year.)  
**Junior Member** (Under 17 at end of current year.)  
**Beginner Member / Adult Beginner Member / Pre-Improver Member / Associate Member**  
**Honorary Associate Member** (All Non-Swimming Coaches, Teachers, Poolside Helpers, Team Managers, Chaperones, Social Event Organisers, Front Desk Helpers and Club Shop Staff.)  
**Honorary Co-Opted Committee Member** (Non-swimming Member Co-Opted by the Management Committee.)

Jan. to Dec.	£98
	£49
	£44
	£24
	Free
	Free

Monthly Charges are to be paid on the 1st of each month via Standing Orders (S.O.) and have been calculated for payment over a 12 month period and payable all 12 months of the year. For further information please ask at the Eastbourne Swimming Club Desk on a Monday Club Night or check the Club Notice Boards or check the ESC Web Site.

**Visit ESC's Web Site - [www.eastbournesc.co.uk](http://www.eastbournesc.co.uk)**