

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	9-10:00PM Stokewood Leisure Centre Winton £3.50 members £4.50 N/M Coached		7-7:50AM Open Water Durley Chine, Bournemouth (April –Oct only) Free to members		7-7:50AM Open Water Durley Chine, Bournemouth (April –Oct only) Free to members	7-10:00 AM Ringwood Recreation Centre (open to all not organised by Zoom)	5-6:00PM Open Water Durley Chine, Bournemouth (April –Oct only) Free to members
Bike			6.30PM The Commodore Pub Southbourne Overcliff Free to members			10.45 AM Ringwood Recreation Centre (open to all not organised by Zoom)	
Run		6.30- 8:00PM The Littledown Centre Coached		6.30- 8:00PM The Littledown Centre Coached			
Other			Turbo and Circuits Venue TBA (Oct-March only)				