

Guildford Lido Newsletter

Let's recap January and February at the Lido!

Welcome to the Guildford Lido newsletter! 

Here at Guildford Lido, community is at the heart of everything we do, and it is important to us to create a space where everyone feels welcome, supported and part of something together.

This bi-monthly newsletter will keep you up to date with everything happening at Guildford Lido, including upcoming events, on-site projects and the latest news from our team. If you have any ideas for content you would like to see within the newsletter, please email us at: lido.membership@freedom-leisure.co.uk

A message from the General Manager, Fin Broekhuizen

Well done to everyone who has kept swimming through January and February. It's been fantastic to see so many of you diving in, regardless of the weather. For many of us, the toughest part isn't getting into the water - it's the brisk walk back to the changing rooms before a well-deserved, indulgent hot shower!

The past two months have been hugely succesful. We've enjoyed Aqua Aerobics classes, several Moonlight Swims, Swimfit sessions and even a visit from Zone3, giving customers the chance to try out the latest swim gear. It's also been wonderful to see our membership continuing to grow, along with our reach across the local area. We'e experienced a significant increase in private hiring bookings to, which is a testament to the communities enthusiasm and support.



Last week, we caught up with the team at Cheltenham Lido to share ideas and explore how we each make the most of our pools. It was an inspiring and productive meeting, and we left feeling motivated and excited to introduce fresh initiatives here at Guildford Lido. I'm looking forward to turning those ideas into reality.

I'm also pleased to confirm that we've made progress with the showers! They are now all fully operational and piping hot. Thank you for your patience while we waited for the necessary parts to arrive.



Our next major project, in conjunction with Guildford Borough Council, is the installation of our new pool covers, with work commencing on **Monday 16th March**. At the same time, the team is busy preparing for the launch of our summer programme which begins on 1st April. Over the coming month, you'll also notice a full jet wash and deep clean of the entire site as we get everything sparkling for the season ahead.

Thank you, as always, for your continued support. We're excited for what's to come!



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The summer programme begins soon

From Wednesday 1st April 2026, we will be moving back to our summer opening hours:

Monday to Friday, 6:30am - 9:00pm

Lane swimming: 6:30 - 10:00am

General swimming: 10:30am - 6:30pm

Evening lane swimming: 7:00 - 8:30pm

Saturdays & Sundays, 8:00am - 6:30pm

Lane swimming: 8:00 - 10:00am

General swimming: 10:30am - 6:30pm

Following feedback from summer 2025, our weekend lane swimming will begin 30 minutes earlier, from June through to August. These sessions will run 7:30 - 10:00am

The move to the summer programme will see the pool temperature rise to 24 degrees.



Swimathon

It has been great to see so many people already signed up to Swimathon with us this year, and for those that haven't yet registered - there are still spaces left!

Here are the session times:

Friday 20th March, 7:00 - 10:00am

(no morning lane swim, pool opens to public from 11:00am)

Saturday 21st March, 7:00 - 10:00am

(morning lane swim 5 lanes only)

Sunday 22nd March, 7:00 - 10:00am

(morning lane swim 5 lanes only)

[Click here to read more about Swimathon 2026 and register for your place today.](#)

SCAN
HERE



24hr swim the night challenge

We are thrilled to be hosting the 24 hour swim the night challenge at Guildford Lido. - the ultimate challenge combining physical and mental strength, endurance and resilience.

Swim the night challenge details:

Begins on Saturday 25th April, from 7:00am

Ends on Sunday 26th April, from 7:00am



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Moonlight swims

We have now hosted three Moonlight Swims on 3rd January, 1st February and 3rd March 2026, all of which have been a fantastic success!

It's been wonderful to see so many of you taking part and then staying on afterwards to enjoy a social chat in the cafe area. The atmosphere at each event has been brilliant. We hope to continue running these sessions as we move into the summer programme.



Zone3

Zone3 is a British-based brand which specialises in high performance triathlon and open water swimming wetsuits.

On 1st March, we welcomed Zone3 to site for their ambassador day, bringing 12 professional triathletes along to put their latest kit through its paces.

We then partnered with the Zone3 team to host a wetsuit demo day for all customers, featuring complimentary wetsuit fittings, expert advice and a range of specialist open water swimming gear.



NEW swim challenges

We have recently introduced lane-side swimming challenges at Guildford Lido! These swim challenges are designed for all abilities and can easily be picked up and taken to your lane. The themes of our swim challenges include:

- Breath Control & Speed (1km)
- Endurance Builder (1.8km)
- Speed & Recovery (1.2km)
- Technique Focus (1.2km)
- Short and Sharp (1km)

Pick up one of our challenges from the table at Reception and give it a go!

Upcoming Projects - 2026

2026 brings lots of exciting changes to Guildford Lido! Have you seen our on-site display board outlining the upcoming projects?

Here's what's coming...

February 2026 - CCTV

Entire new CCTV system to be installed around the site. We expect these works to be carried out in February.

Paddling Pool and Slide Plant Room Upgrades

We will be installing new back-washable sand filters to significantly improve water quality in these areas. This will be taking place prior to the start of the Summer Programme.



We will be installing 4 new permanent outdoor floodlights to

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March 2026 - Pool Covers

The long awaited pool covers are due to be installed in March.

March 2026 - Floodlights

We will be installing 4 new permanent outdoor floodlights to support all year round opening and to replace the temporary lighting, currently in place. We are looking to install these in March.

September 2026 - Padel Courts

The existing Burrito Loco building will be replaced with brand-new Padel courts, with works scheduled to take place in September. This sport combines the best of Tennis and Squash, and is one of the fastest growing sports in the world.

September 2026 - Reformer Pilates Studio

The current Lido gym will be transformed into a dedicated Reformer Pilates studio, supporting Pilates and other instructor-led classes, with completion planned for September.

Sauna Cabins & Ice Baths

Brand new sauna cabins and ice baths are expected to arrive at the Lido towards the end of 2026.

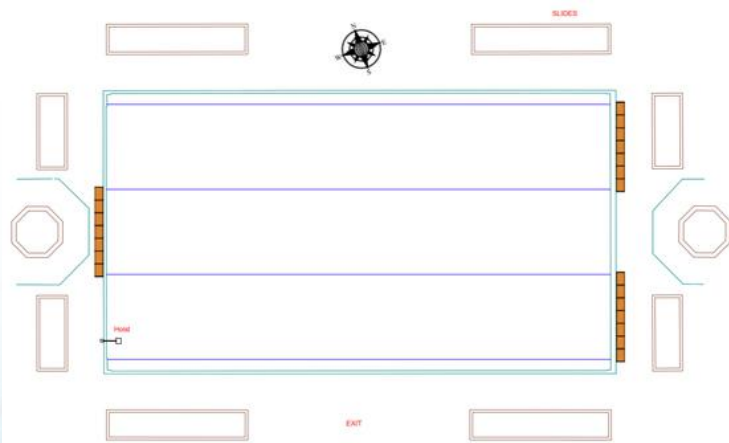


Image reference: Pool Covers plans

NEW CLASS - Resistance Band Training!

We are excited to introduce a brand new group exercise class to our timetable, Resistance Band Training!

With the use of resistance bands, this class will allow you to target all muscle groups through controlled, low-impact movements that will help to improve muscle tone, mobility and functional strength. This class is suitable to all fitness abilities.

Resistance Band Training will be starting on Tuesday 10th March

Session details:

Every Tuesday

9:00 - 9:45am

Led by instructor Lyndsey

[If this sounds like a class you would enjoy, click here to book.](#)



Resistance Band Training

Selected Tuesdays 9.00 - 9.45am

10th, 17th, 24th & 31st March

7th & 14th April



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Floating Sound Bath

On Saturday 8th August (7:00 - 8:30pm), Guildford Lido will be hosting a unique floating sound bath, in collaboration with Serenity Waves.

This special evening session invites participants to relax and unwind while gently floating in the pool, surrounded by the calming sounds of gongs, crystal bowls and ambient music.



Pool Closures

While we will be working hard to minimise disruption at the Lido during the installation of the pool covers, there will be some selective dates in which the pool will be **fully closed all day** due to final install of the covers.

On these dates, the pool will be closed however the gym will be open as usual:

- Monday 23rd March
- Tuesday 24th March
- Wednesday 25th March

DAY	DATE	INFORMATION
Monday	16th March	Work starts on site. There will be lane disruption
Tuesday	17th March	Minimal lane disruption
Wednesday	18th March	Minimal lane disruption
Thursday	19th March	Minimal lane disruption
Friday	20th March	No morning lane swim. Swimathon going ahead as planned
Saturday	21st March	Minimal lane disruption. Swimathon going ahead as planned
Sunday	22nd March	Minimal lane disruption. Swimathon going ahead as planned
Monday	23rd March	Pool closed all day
Tuesday	24th March	Pool closed all day
Wednesday	25th March	Pool closed all day
Thursday	26th March	Pool reopens as normal from 6:30am

Wellbeing Swim and Chat

We recently welcomed Wellbeing Swim and Chat sessions to Guildford Lido, taking place on **the first Saturday of every month.**

Our wellbeing swim and chat sessions offer a friendly and inclusive community, helping to create a safe and supportive space.

Whether you come along for a gentle swim, a chat with your friends or some peaceful time in the pool - these sessions are all about supporting and improving mental wellbeing.



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