



Juniors under 14 years must not be left unattended.
Also we would encourage all Juniors to please use chill floats at all times when in the sea.

**At the end of this programme 3 Saturdays have been allocated for longer swims
 for members training for marathon swims this year - please liaise with the Committee if you want to attend**

Please note any last minute amendments to swims will be posted on JLDSC facebook page

<u>Date</u>	<u>Time of High Tide</u>	<u>Height of Tide in Feet</u>	<u>Height of Tide in metres</u>	<u>Venue</u>	<u>Check in for Swim From</u>	<u>Swim Start Time</u>	<u>Organiser and Contact Phone Number</u>	<u>Notes</u>
Average Sea Temperature for May is 13 degrees								
2018 Bank Holiday Monday May 7	11.30	26.2 ft	8.0 m	St Catherine's Bay	11.00 am	11.30 am	Dee Richards 07797 777844 Jenny Fitzgerald 07797 716480	Ice Breaker - Please bring lots of warm layers, including hats, gloves and scarf, clothes that are easy to get on (not jeans) and a warm drink for after swim
Sunday May 13	18.01	33.1 ft	10.1 m	Sally Parmesan Swim Wayside St Brelades Bay	3.00 pm	3.30 pm	Alice Harvey 07797 821798 Marilyn Le Guilcher 07797 776083	Please bring lots of warm layers, including hats, gloves and scarf. Clothes that are easy to get on (not jeans) and a warm drink for after. Kayakers required please

Sunday May 20	10.51	32.8 ft	10 m	St Catherine's Bay	10.30 am	11.00 am	Wendy Trehiou 07797 774209 Dee Richards 07797 777844	Wendy and Dee's Charity Pink Swim - All proceeds to MacMillan Jersey - Kayakers required please
Sunday May 27	05:42	32.5 ft	9.9 m	Archirondel	9.30 am	10.00 am	Chantelle Le Guilcher 07797 852176 Martin Powell 07797 730455	Kayakers required please Please bring lots of warm layers including hats, gloves and scarf. Please bring beach shoes Note: BIG RIDE OUT DAY 10 am
Average Sea Temperature for June is 15 degrees								
Sunday June 3	9.55	30.8 ft	9.4 m	R.C.I.Y.C. Slip St Aubin	09.15 am	09.45 am	Chantelle Rose 07797 842093 Adrian Follain 07797 788091	Kayakers required please.
Tuesday June 05				Tuesdays nights move from the pool to the sea at St Catherine's Slip	6.00 pm	6.30 pm	Committee	Please bring lots of warm layers and a hot drink for after swim. Please note swims will start sharp at 6.30 pm everyone is to be out of the water by 7.30 pm so please don't be late.
Sunday June 10	16.30	30.5 ft	9.3 m	Green Island Robert McLaughlin Swim	3.00 pm	3.30 pm	Bianca Kempster 07797 777803 John Asplet 07797 751049	Kayakers required please. Jean McLaughlin invited to attend
Sunday June 17	9.57	35.4 ft	10.8 m	Seymour Slip to Rhona's Café (approx 2 miles)	09.15 am	09.45 am	Marilyn Le Guilcher 07797 776083 Martin Powell 07797 730455	Kayakers required please Meet at Seymour Slip Note: Fathers Day

Sunday June 24	16.49	30.2 ft	9.2 m	Havre des Pas Flambard Trophy	3.00 pm	3.30 pm	Alice Harvey 07797 821798 Chantelle Le Guilcher 07797 852176	Trophy Presentation after the swim Note Sat June 23 State Street Walk (Itex Walk)
Average Sea Temperature for July is 16.5 degrees								
Sunday July 1	9.06	32.5 ft	9.9 m	NO CLUB SWIM				JERSEY TRIATHLON
Sunday July 8	14.35	27.9 ft	8.5 m	St Catherine's Bay	10.00 am	10.30 am	Chantelle Rose 07797 842093 Adrian Follain 07797 788091	Kayakers required please
Sunday July 15	8.59	37.1 ft	11.3 m	Jersey Swimming Club Green Island to Havre des Pas Distance approx 1.5 miles		8.30 am	JERSEY SWIMMING CLUB	ENTRY FORMS FROM JSC Also Grace Crocker RI Challenge Weekend
Sunday July 22	15.04	27.6 ft	8.4 m	St Catherine's Slip	10.00 am	10.30 am	Dee Richards 07797 777844 John Asplet 07797 851049	Kayakers required please

Thursday July 26	18.43	32.2 ft	9.8 m	Jersey Swimming Club St Aubin's Fort Distance approx 2 miles		18.15	JERSEY SWIMMING CLUB	ENTRY FORMS FROM JSC
Sunday July 29	8.15	33.1 ft	10.1 m	De Caux Trophy Swim Ouaisne	9.45 am	10.15 am	Marilyn Le Guilcher 07797 776083 Jenny Fitzgerald 07797 716480	Kayakers required please Trophy Presentation after the swim
Average Sea Temperature for August is 17.5 degrees								
Sunday Aug 5	12.34	28.2 ft	8.6 m	Mike's Slip Mike Kempster Swim	11.00 am	11.30 am	Bianca Kempster 07797 777803 Martin Powell 07797 730455	Kayakers required please
Sunday August 12	7.58	37.1 ft	11.3 m	Le Hocq to La Rocque Karen Delahunty Swim Distance 1.42 miles	7.30 am	8.00 am	Marilyn Le Guilcher 07797 776083 Chantelle Le Guilcher 07797 852176	Kayakers required please Trophy Presentation after the swim
Sunday August 19	12.55	26.9 ft	8.2 m	St. Catherine's Slip	10.00 am	10.30 am	John Asplet 07797 851049 Adrian Follain 07797 788091	Kayakers required please
Saturday Aug 25	6.45	31.8 ft	9.7 m	JSC MASTERS SEA SWIM		TBC	JERSEY SWIMMING CLUB SUMMER FESTIVAL	Entry forms from JSC

Sunday Aug 26	7.21	33.1 ft	10.1 m	JSC MASTERS SEA SWIM		TBC	JERSEY SWIMMING CLUB SUMMER FESTIVAL	Entry forms from JSC Also JLDSC Club Championships
Average Sea Temperature for September is 16 degrees								
Sunday Sept 2	11.09	30.5 ft	9.3 m	Jersey Swimming Club Castle to Harbour Distance approx 1 mile		10.30 am	JERSEY SWIMMING CLUB	Entry forms from JSC
Tuesday Sept 4	13.12	27.2 ft	8.3 m	Junior Series 800 metre swim at St Catherine's Slip	6.00 pm	6.30 pm	Committee Junior Series	Kayakers required please Junior Series 800 metre starting at St Catherine's Slip round a designated course and back to the slip
Sunday Sept 9	6.55	36.1 ft	11.0 m	Wayside St. Brelade's Bay	9.00 am	9.30 am	Chantelle Le Guilcher 07797 852176 Alice Harvey 07797 716480	Kayakers required please
Tuesday Sept 11	20.40	39.00 ft	11.9 m	Junior Series 1000 metre swim Mike's Slip to St Catherine's Slip	6.00 pm	6.30 pm	Committee Junior Series	Kayakers required please Junior Series - 1,000 metres Mike's Slip to St Catherine's Slip

Sunday Sept 16	11.17	29.5 ft	9 m	Junior Series 1600 metre swim Mike's Slip to Archirondel and back	10.00 am	10.30 am	Committee Junior Series	Kayakers required please Junior Club Championships & Junior Series - 1,600 metres Mike's Slip to Archirondel and back
Sunday Sept 23	06:20	31.8 ft	9.7 m	St. Catherine's Slip	10.00 am	10.30 am	Bianca Kempster 07797 777803 Jenny Fitzgerald 07797 716480	Kayakers required please Note: SC Sailing Club Race Starting at 9 am
Tuesday Sept 25	19.44	35.4 ft	10.8 m	St Catherine's Slip Night Swim	7.30 pm	8.00 pm	Committee	Last Tuesday night in the sea Please bring warm clothes and a hot drink Light sticks required
Sunday Sept 30	10.11	33.1 ft	10.1 m	Mike's Slip to Archirondel and back	9.30 am	10.00 am	Committee	Kayakers required please Masters & Mini Master & fun swim Trophy Presentations after the swim
Average Sea Temperature for October is 15 degrees								
Sunday Oct 07	5.49	33.8 ft	10.3 m	Archirondel	9.30 am	10.00 am	Dee Richards 07797 777844 Martin Powell 07797 730455	Kayakers required please

Sunday Oct 14	10.10	32.5 ft	9.9 m	Greve de Lecq	9.30 am	10.00 am	Chantelle Rose 07797 842093 Adrian Follain 07797 788091	Kayakers required please
3 Saturdays have been allocated for longer swims however, if possible please provide your own kayakers and liaise with Committee								
Saturday May 26	4.50	31.2 ft	9.5 m	Ouaisne to Beauport and back	8.30 am	9.00 am	Committee	Meet at Ouaisne Approx 2½ hour swim
Saturday June 16	9.08	36.4 ft	11.1 m	3 Bays Swim Green Island to St. Catherine's Slip	08.00 am	8.30 am	Committee	Meet at Green Island Approx 3 hour swim
Saturday July 7	13.22	27.6 ft	8.4 m	Archirondel to Seymour Slip / Oyster Beds and back	9.45 am	10.15 am	Committee	Meet in Archirondel Car Park Approx 3 to 4 hour swim
Saturday Oct 27	21.04	36.1 ft	11 m	Halloween Swim Bouley Bay	6.30 pm	7.00 pm	Marilyn Le Guilcher 07797 776083 Chantelle Le Guilcher 07797 852176	Night swim - light sticks required Bring warm clothes and a hot drink for after swim Note: Clocks go back Sun Oct 28

Saturday Nov 24				JLDSC Annual Dinner and Prize Giving at Ambassadeur Hotel	6.45 pm	7.15 pm	Marilyn Le Guilcher Pat Roberts	
Sunday Nov 25	8.25	37.1 ft	11.3 m	JLDSC Annual General Meeting	10.00 am	10.30 am		
Sunday December				Christmas Pudding Swim	TBC	TBC	Annette Campbell	Bring warm clothes and a hot drink
Tuesday January 1 2019	14.45	28.9 ft	8.8 m	St Catherine's Slip	10.30 am	11.00 am	Committee	JEP Photographer required