



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

**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>
<b>2023 Bank Holiday</b> Monday May 1	04.21	27.2	8.3	St Catherine's Bay	11.00 am	11.30 am	Chantelle Le Guilcher 07797 852176 Nicki Brown 07797 736455	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 7	08.16	35.4	10.8	Belcroute "Coronation Swim"	9.15 am	9.45 am	Dee Richards 07797 777844 John Asplet 07797 751049	Kayakers required please  Please bring lots of warm layers including hats, gloves and scarf. Please bring beach shoes

Sunday May 14	15.05	28.2	8.6	Greve de Lecq	2.00 pm	2.30 pm	Martin Powell 07797 730455 Eilish Barraud 07797 712099	Kayakers required please  Please bring lots of warm layers including hats, gloves and scarf.  Note: Also Durell Run Challenge
Saturday May 20	07.41	34.8	10.6	Ouaisne to Beauport and back	08.30 am	09.00 am	Dee Richards 07797 777844	LONG SWIM FOR MEMBERS TRAINING FOR BIG SWIMS PLEASE LIAISE WITH COMMITTEE IF YOU WANT TO SWIM Meet at Ouaisne Kayakers required please Approx. 2½ hour swim
Sunday May 21	08.18	34.1	10.4	Archirondel	9.15 am	9.45 am	Billie Cave 07797 726173 Nicki Brown 07797 736455	Kayakers required please  <b>CHARITY SWIM FOR CORBIERE HOSPITAL WARD CAKE SALE</b> <b>(all donations gratefully received)</b> Please bring lots of warm layers including hats, gloves and scarf. Please bring beach shoes
Sunday May 28	13.41	24.9	7.6	Bouley Bay	10.30 am	11.00 am	John Asplet 07797 751049 Jenny Fitzgerald 07797 716480	Kayakers required please  Please bring lots of warm layers including hats, gloves and scarf.

Sunday June 4	7.13	34.4	10.5	Mike's Slip Mike Kempster Swim	8.00 am	8.30 am	Bianca Kempster 07797 777803 Martin Powell 07797 730455	Kayakers required please
Tuesday June 6	21.04	35.1	10.7	Tuesdays nights commence in 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 11	13.15	29.2	8.9	Green Island McLaughlin Family Swim	12.00	12.30 pm	John Asplet 07797 751049 Martin Powell 07797 730455	Kayakers required please  Trophy Presentation after the swim
Saturday June 17	06.37	32.2	9.8	TBC	08.00 am	08.30 am	Dee Richards 07797 777844	Long swim for members training for big swims PLEASE LIAISE WITH COMMITTEE IF YOU WANT TO SWIM Approx. 3 hour swim KAYAKERS REQUIRED PLEASE
Sunday June 18	07.20	32.5	9.9	NO CLUB SWIM AS MAIN TRIATHLON			NO SWIM	Jersey Accuro Triathlon  Father's Day

Sunday June 25	11.41	27.6	8.4	Havre des Pas Flambard Trophy Swim	11.00 am	11.30 am	Jenny Fitzgerald 07797 716480 Dee Richards 07797 777844	Trophy Presentation after the swim
Sunday July 2	06.01	32.2	9.8	St Aubin's Fort	8.00 am	8.30 am	Billie Cave 07797 726173 Nicki Brown 07797 736455	Kayakers required please
Sunday July 9	11.50	32.2	9.8	Ouaisne De Caux Trophy Swim	11.00 am	11.30 am	Dee Richards 07797 777844 Bianca Kempster 07797 777803	Kayakers required please Trophy Presentation after the swim
Sunday July 16	06.22	30.2	9.2	St Catherine's Slip	8.00 am	8.30 am	John Asplet 07797 751049 Eilish Barraud 07797 712099	Kayakers required please Note: SCSC Race at 10 am
Friday July 21	21.37	32.8	10.0	JSC St Catherine's	Details from JSC	Details from JSC	JSC	Jersey Swimming Club Forms from JSC 2.5k & 5k swims

Sunday July 23	10.31	30.8	9.4	Archirondel to Anneport	9.30 am	10.00 am	Marilyn Le Guilcher 07797 776083 Chantelle Le Guilcher 07797 852176	Kayakers required please  MASTERS & MINI MASTERS Trophy Presentation after the swim
Sunday July 30	17.15	30.5	9.3	Portelet Bay	4.30 pm	5.00 pm	Billie Cave 07797 726173 Martin Powell 07797 730455	Walk down steps to beach  Please bring beach shoes
Saturday August 5	10.00	36.7	11.2	JSC Bouley Bay	Details from JSC	Details from JSC	JSC	Jersey Swimming Club Forms from JSC Bouley Bay 1.5k & 3k swims
Sunday August 6	10.40	35.4	10.8	St Brelade's Bay (outside Pizza Express)  Sally Parmesan Swim	9.00 am	9.30 am	Bianca Kempster 07797 777803 Nicki Brown 07797 736455	Kayakers required please
Sunday August 13	05.21	27.6	8.4	Belcroute	7.30 am	8.00 am	Jenny Fitzgerald 07797 716480 Marilyn Le Guilcher 07797 776083	Kayakers required please  Please bring beach shoes

Thursday August 17	20.14	34.1	10.4	JSC St Aubin's Fort	Details from JSC	Details from JSC	JSC	Jersey Swimming Club Forms from JSC 2k swim
Sunday August 20	09.34	33.5	10.2	Le Hocq to La Rocque Karen Delahunty Swim	8.00 am	8.30 am	Billie Cave 07797 726173 Eilish Barraud 07797 712099	Kayakers required please Trophy Presentation after the swim  Note: JSC Havre Des Pas 1k 2k 3k swims & 400m relays - details from JSC
Sunday August 27	15.50	27.2	8.3	St Catherine's Bay	2.30 pm	3.00 pm	Jenny Fitzgerald 07797 716480 Marilyn Le Guilcher 07797 776083	Kayakers required please  Note: Bank Holiday weekend
Sunday Sept 3	09.35	37.7	11.5	JSC Green Island to Havre des Pas	Details from JSC	Details from JSC	JSC	Jersey Swimming Club Forms from JSC 2.4k swim
Tuesday Sept 5	23.01	32.2	9.8	Junior Series 800 metre swim at St Catherine's Slip	6.00 pm	6.30 pm	Committee Junior Series	Kayakers required please Sponsored by Granite Products Junior Series 800 metres starting at St Catherine's Slip round a designated course and back to the slip

Sunday Sept 10	16.30	26.2	8.0	Charlie's Guinness Swim St Catherine's to Archirondel and back	2.00 pm	2.30 pm	Sally Minty-Gravett MBE & JLDSC Committee	Kayakers required please
Tuesday Sept 12	18.08	30.8	9.4	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 Sponsored by Granite Products Junior Series 1,000 metres
Saturday Sept 16	08.09	34.4	10.5	Junior Series 1600 metre swim Mike's Slip to Archirondel and back	09.30 am	10.00 am	Committee Junior Series	Kayakers required please Sponsored by Granite Products Junior Series - 1,600 metres & Junior Club Championships Trophy Presentation after the swim
Sunday Sept 17	08.37	34.8	10.6	JSC Castle to Harbour Swim	Details from JSC	Details from JSC	JSC	Jersey Swimming Club Forms from JSC 1.6k swim
Sunday Sept 24	13.49	25.6	7.8	St Catherine's Slip Senior Club Champs	09.30 am	10.00 am	Chantelle Le Guilcher 07797 852176 Dee Richards 07797 777884	Kayakers required please JLDSC Senior Club Championships Trophy Presentation after the swim  Note: St Catherine's Sailing Club Club Champs at 1pm

Tuesday Sept 26	16.59	30.8	9.4	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
Saturday Oct 28	19.01	37.7	11.5	Halloween Swim Bouley Bay	7.00 pm	7.30 pm	Marilyn Le Guilcher 07797 776083 Chantelle Le Guilcher 07797 852176	Night swim - light sticks required Please bring warm clothes and a hot drink for after swim
Saturday Nov 25				JLDSC Annual Dinner and Prize Giving at Ambassadeur Hotel			Marilyn Le Guilcher  Pat Roberts	Ambassadeur Hotel
Sunday Nov 26	05.14	34.4	10.5	JLDSC Annual General Meeting	10.00 am	10.30 am	Committee and members	AGM Ambassadeur Hotel
Sunday December 17	09.13	33.8	10.3	Christmas Pudding Swim Beau Rivage Hotel St Brelade's Bay	10.30 am	10.45 am	Annette Campbell	Get warm after in hotel conservatory where hot drinks are available to buy from their bar. Festive nibbles will be provided by JLDSC and the Xmas Pudding Presentation
Monday January 1 2024	09.26	31.07	9.47	St Catherine's Slip	10.30 am	11.00 am	Committee	JEP Photographer