

SOUTH LODGE



# WILD SWIMMING WEEKEND

An introduction to open water swimming

29th - 30th March 2025

19th - 20th July 2025

20th - 21st September 2025

Brighton Road, Lower Beeding  
Horsham, West Sussex RH13 6PS  
[exclusive.co.uk/south-lodge](http://exclusive.co.uk/south-lodge)





# A WEEKEND ON THE WILD SIDE

Always wanted to wild swim, but didn't know where to start?

This experience is the perfect weekend escape for swimmers of all levels who want to discover wonders of wild swimming, in a beautiful setting, with expert Ella Foote on hand. You'll gain the skills, knowledge and confidence, to embrace swimming in the great outdoors.

Your full day coaching with outdoor swimming expert, Ella Foote, includes sessions in our indoor infinity pool, outdoor wild swimming pool and finally, to our wild swimming lake. You'll develop essential open water skills with Ella guiding you through stroke analysis and technique refinement, alongside how to safely adapt to cooler waters and understanding the new sensations that accompany it. After a restful night's sleep, you'll have the chance to head back out to the lake to practise what you've learnt in a morning lifeguarded swim session, or you can book an extra private 1-2-1 coaching session with Ella.



## Your swim coach... Ella Foote

Ella Foote is a year-round outdoor swimming expert, as well as author of *How to Wild Swim*, Editor at *Outdoor Swimmer Magazine*, and Director of Dip Advisor, helping everyone enjoy the wonders of wild water. A true swim explorer, Ella loves seeking out new places to swim and takes part in plenty of challenges like an English Channel relay, 24-hour swims and The Thames Marathon 14k.

# SATURDAY

## **10am – Meet at Botanica, South Lodge Spa**

Enjoy a warm welcome and refreshments in Botanica, where Ella Foote will introduce the group, share insights, and discuss experience levels and goals.

## **11am – Outdoor swim techniques, Infinity Pool**

Before heading out to cooler waters, Ella will guide you through outdoor swimming techniques in the safety of our indoor infinity pool. She'll be keeping a keen analysis eye on your stroke, to help refine your technique so you can better enjoy swimming when in open waters.

## **12pm – Adapting to new conditions, Wild Swimming Pool**

You'll now experience a bit of a drop in temperature with a session in our wild swimming pool, gently heated to around the mid-teens celsius. Here Ella will support you in how to safely acclimatise your body when moving into colder waters and what to look out for.

## **1pm – Light lunch, Botanica**

Soak up stunning views of the South Downs whilst enjoying a delicious light two course seasonal lunch. The best line caught south coast fish with the day's harvest from our walled garden and an indulgent sweet treat.

## **2.30pm – Wild swimming, Wild Swimming Lake**

It's now time to take the leap! Not quite so literally of course, our steps down into the lake alongside Ella's expert guidance will have you safely transported into the wonderful world of wild swimming. With tow floats, swim hats, wetsuits and dry robes, we've got all the kit and kaboodle to keep you comfortable – and there'll be a warm cup of hot chocolate waiting for when you finish!

## **4.30pm – Evening as you choose!**

Once you're all warmed up, take time to unwind in the spa, maybe enjoying a treatment whilst you're here? And when tummies start rumbling, there's three wonderful restaurants to choose from – Botanica for Mediterranean-inspired dishes, Camellia for elegant fine dining or The Pass for a blow-out Michelin-starred tasting menu. Or you're welcome to enjoy relaxed dining in our bar.

# SUNDAY

## **7.30am – 11am – Breakfast or brunch**

Start your day how you like, heading to Camellia for a more traditional English breakfast, or to Botanica where you can enjoy a range of brunch style options until 11am. Or if you fancy spoiling yourself, you're welcome to order your breakfast in bed, making the most of your room until check-out at 11am.

## **9.30am – Wild swimming, Wild Swimming Lake**

Join our lifeguarded wild swimming session in the morning, giving you another chance to practise what you've learnt with help on hand.

**Fancy a bit of extra coaching from Ella? You can book private 1-2-1 coaching at £35 for 30 minutes – limited spots available and bookings in advance.**

## **11am – 2pm – Spa access**

Whilst check out of your room at the hotel is by 11am, you've got full access to the spa until 2pm and there's also 93 acres you can go exploring in our grounds if you fancy a ramble – just pop to reception and pick up one of our walking maps.



# THE DETAILS

When can you book?

Saturday 29th – Sunday 30th March 2025

Saturday 19th – Sunday 20th July 2025

Saturday 20th – Sunday 21st September 2025

Your Wild Swimming Weekend includes:

- Full-day wild swim coaching with Ella Foote
- Tea, coffee and pastries
- Light lunch in Botanica restaurant
- Overnight stay in room of your choice
- Breakfast or brunch
- Full access to the spa until 2pm Sunday

Optional extras during your stay:

- 1-2-1 wild swim coaching with Ella Foote on Sunday – £35 for 30 mins, call us to book
- Enjoy dinner at one of our restaurants – [click here for our dining experiences](#)
- Book a spa treatment for ultimate zen – [click here to view our treatments](#)

From £645 for one, £785 for two, per room

[Click here to book](#) or call 01403 891711

Optional extras are subject to availability and will be charged as taken. This experience is for ages 16+ and may not be suitable for those with health conditions, contact us for more details.

