

SOUTH LODGE



Wild Swimming Weekend

Discover the wonders of open water swimming

Saturday 24th January 2026

Saturday 25th April 2026

Saturday 25th July 2026

Saturday 3rd October 2026

Brighton Road, Lower Beeding
Horsham, West Sussex RH13 6PS
exclusive.co.uk/south-lodge





A weekend on the wild side

Seasonal swim retreats perfect for newbies or wild swim lovers

The perfect escape for swimmers of all levels who want to discover wonders of wild swimming across the seasons, in a beautiful setting and 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.



Cold Water Skills & Resilience

24th January 2026

Winter is where Ella's expertise truly shines. You'll learn how to enter safely, manage cold-water shock, understand afterdrop, and use mindset and breath to stay calm. Discover the essential kit, how to acclimatise properly, and the art of rewarming well. Short, powerful dips with Ella will leave you clear-headed, resilient, and buzzing with winter energy.

- Why swimming is great in winter
- What happens to your body in cold water
- How to get winter ready - kit etc.
- Safety - Cold water shock and afterdrop
- Mental preparation and mindset
- How to acclimatise
- Dressing and rewarming
- Events & challenges
- Tips, eating before and after



Reawaken & Reacclimatise

Saturday 25th April 2026

With Ella, you'll learn how to ease back into outdoor swimming as nature wakes up again. She'll guide you through safe spring acclimatisation, relaxed breathing, and the basics of managing cooler water with confidence. You'll explore simple techniques, essential early-season kit, and how to rebuild comfort and trust in open water after winter.

- Refresh your body and mind after winter
- How the cold water affects your body and breath
- Essential kit for early-season swims
- Safety tips – easing in, recognising limits
- Mental preparation and confidence
- How to prepare for outdoor swimming
- Skills to rebuild technique and comfort



Flow, Freedom & Technique

Saturday 25th July 2026

Summer sessions with Ella are all about ease and exploration. You'll refine your stroke, build confidence for longer swims, and enjoy the warmest, most freeing time of year to be in the lake. Ella will teach you how to read conditions, pace yourself, stay energised and make the most of light, warm-water swimming.

- Summer brings longer, freer, joyful swims
- How the body responds in warmer water
- Summer kit and essential tips
- Tips for longer or adventurous swims
- Mindset for flowing strokes
- Pacing and endurance strategies
- Technique drills and small endurance challenges



Cooling Waters, Calm Mind

Saturday 3rd October 2026

As the water cools, Ella will show you how to transition smoothly and safely into colder conditions. You'll learn mindful swimming techniques, how to read your body's responses, and the kit that makes autumn dips comfortable. It's the perfect season to deepen your awareness, slow down, and prepare for the colder months ahead.

- How your body adjusts to the dropping water temperatures
- Autumn kit and layering essentials
- Safety tips looking at shorter dips, watching for afterdrop
- Mindful swimming and body awareness
- Acclimatise gradually to colder water
- Dressing and warming routines
- Challenges to refine strokes and control

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 add private 1-2-1 coaching at £35 for 30 minutes – limited spots available, 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 grounds maps for one of our guided walks and to immerse yourself in nature.



The details

When can you book?

Saturday 24th January 2026

Saturday 25th April 2026

Saturday 25th July 2026

Saturday 3rd October 2026

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](#)

Weekend from £645 for one, £785 for two

£210 day experience per person

[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. Weekend price for two people based on sharing a room.

