

## Bathing hours

### Hollum-Ballum

|           | from  | till  |
|-----------|-------|-------|
| 1-6-2023  | 16:24 | 18:00 |
| 2-6-2023  | 9:00  | 9:12  |
| 3-6-2023  | 9:00  | 10:00 |
| 4-6-2023  | 9:00  | 10:42 |
| 5-6-2023  | 9:00  | 11:20 |
| 6-6-2023  | 9:00  | 11:58 |
| 7-6-2023  | 9:00  | 12:40 |
| 8-6-2023  | 9:25  | 13:25 |
| 9-6-2023  | 10:16 | 14:16 |
| 10-6-2023 | 11:11 | 15:11 |
| 11-6-2023 | 12:12 | 16:12 |
| 12-6-2023 | 13:16 | 17:16 |
| 13-6-2023 | 14:21 | 18:00 |
| 14-6-2023 | 15:24 | 18:00 |
| 15-6-2023 | 16:24 | 18:00 |
| 17-6-2023 | 9:00  | 19:45 |
| 18-6-2023 | 9:00  | 10:07 |
| 19-6-2023 | 9:00  | 11:07 |
| 20-6-2023 | 9:00  | 11:46 |
| 21-6-2023 | 9:00  | 12:23 |
| 22-6-2023 | 9:00  | 12:59 |
| 23-6-2023 | 9:00  | 12:10 |
| 24-6-2023 | 10:06 | 14:06 |
| 25-6-2023 | 10:40 | 14:40 |
| 26-6-2023 | 11:21 | 15:21 |
| 27-6-2023 | 12:09 | 16:09 |
| 28-6-2023 | 13:02 | 17:02 |
| 29-6-2023 | 14:01 | 18:00 |
| 30-6-2023 | 15:10 | 18:00 |
| 1-7-2023  | 16:34 | 18:00 |
| 2-7-2023  | 17:46 | 18:00 |
| 2-7-2023  | 9:00  | 9:24  |
| 3-7-2023  | 9:00  | 10:18 |
| 4-7-2023  | 9:00  | 11:08 |
| 5-7-2023  | 9:00  | 11:51 |
| 6-7-2023  | 9:00  | 12:37 |
| 7-7-2023  | 9:24  | 13:24 |
| 8-7-2023  | 10:11 | 14:11 |
| 9-7-2023  | 11:00 | 15:00 |
| 10-7-2023 | 11:50 | 15:50 |
| 11-7-2023 | 12:42 | 16:42 |
| 12-7-2023 | 13:39 | 17:39 |
| 13-7-2023 | 14:42 | 18:00 |
| 14-7-2023 | 15:49 | 18:00 |
| 15-7-2023 | 16:58 | 18:00 |
| 16-7-2023 | 17:57 | 18:00 |
| 16-7-2023 | 9:00  | 9:20  |
| 17-7-2023 | 9:00  | 10:11 |
| 18-7-2023 | 9:00  | 10:54 |
| 19-7-2023 | 9:00  | 11:32 |
| 20-7-2023 | 9:00  | 12:08 |
| 21-7-2023 | 9:00  | 12:42 |
| 22-7-2023 | 9:16  | 13:16 |
| 23-7-2023 | 9:48  | 13:48 |
| 24-7-2023 | 10:18 | 14:18 |
| 25-7-2023 | 10:49 | 14:49 |
| 26-7-2023 | 11:27 | 15:27 |
| 27-7-2023 | 12:15 | 16:15 |
| 28-7-2023 | 13:15 | 17:15 |
| 29-7-2023 | 14:28 | 18:00 |
| 30-7-2023 | 16:05 | 18:00 |
| 31-7-2023 | 17:33 | 18:00 |

### Nes-Buren

|   | from  | till  |
|---|-------|-------|
|   | 16:09 | 18:00 |
| - | -     | -     |
|   | 9:00  | 9:45  |
|   | 9:00  | 10:27 |
|   | 9:00  | 11:05 |
|   | 9:00  | 11:43 |
|   | 9:00  | 12:25 |
|   | 9:10  | 13:10 |
|   | 10:01 | 14:01 |
|   | 10:56 | 14:56 |
|   | 11:57 | 15:57 |
|   | 13:01 | 17:01 |
|   | 14:06 | 18:00 |
|   | 15:09 | 18:00 |
|   | 16:09 | 18:00 |
|   | 9:00  | 9:30  |
|   | 9:00  | 10:12 |
|   | 9:00  | 10:52 |
|   | 9:00  | 11:31 |
|   | 9:00  | 12:08 |
|   | 9:00  | 12:44 |
|   | 9:18  | 13:18 |
|   | 9:51  | 13:51 |
|   | 10:25 | 14:25 |
|   | 11:06 | 15:06 |
|   | 11:54 | 15:54 |
|   | 12:47 | 16:47 |
|   | 13:46 | 17:46 |
|   | 14:55 | 18:00 |
|   | 16:19 | 18:00 |
|   | 17:31 | 18:00 |
|   | 09:00 | 09:09 |
|   | 09:00 | 10:03 |
|   | 09:00 | 10:51 |
|   | 09:00 | 11:36 |
|   | 09:00 | 12:22 |
|   | 09:09 | 13:09 |
|   | 09:56 | 13:56 |
|   | 10:45 | 14:45 |
|   | 11:35 | 15:35 |
|   | 12:27 | 16:27 |
|   | 13:24 | 17:24 |
|   | 14:27 | 18:00 |
|   | 15:34 | 18:00 |
|   | 16:43 | 18:00 |
|   | 17:42 | 18:00 |
|   | 09:00 | 09:05 |
|   | 09:00 | 09:56 |
|   | 09:00 | 10:39 |
|   | 09:00 | 11:17 |
|   | 09:00 | 11:53 |
|   | 09:00 | 12:27 |
|   | 09:01 | 13:01 |
|   | 09:33 | 13:33 |
|   | 10:03 | 14:03 |
|   | 10:34 | 14:34 |
|   | 11:12 | 15:12 |
|   | 12:00 | 16:00 |
|   | 13:00 | 17:00 |
|   | 14:13 | 18:00 |
|   | 15:50 | 18:00 |
|   | 17:18 | 18:00 |

From 8 July to 2 September 2023, there are lifeguard from 10:00 – 18:00. Lifeguards are also present on 23, 24, 25, 30 June, 1, 2 July and 8, 9, 10, 11, 15, 16, 17 September 2022 from 10:00 – 18:00. There are no lifeguards outside these times/dates. Swimming in the sea is always at your own risk. Do not bathe at low tide and follow the instructions of the KNRM.

**Bathing hours****Hollum-Ballum**

|           | <i>from</i> | <i>till</i> |
|-----------|-------------|-------------|
| 1-8-2023  | 09:00       | 10:00       |
| 2-8-2023  | 09:00       | 10:55       |
| 3-8-2023  | 09:00       | 11:43       |
| 4-8-2023  | 09:00       | 12:29       |
| 5-8-2023  | 09:13       | 13:13       |
| 6-8-2023  | 09:57       | 13:57       |
| 7-8-2023  | 10:39       | 14:39       |
| 8-8-2023  | 11:20       | 15:20       |
| 9-8-2023  | 12:00       | 16:00       |
| 10-8-2023 | 12:49       | 16:49       |
| 11-8-2023 | 13:55       | 17:55       |
| 12-8-2023 | 15:12       | 18:00       |
| 13-8-2023 | 16:45       | 18:00       |
| 14-8-2023 | 17:50       | 18:00       |
| 15-8-2023 | 09:00       | 09:56       |
| 16-8-2023 | 09:00       | 10:39       |
| 17-8-2023 | 09:00       | 11:16       |
| 18-8-2023 | 09:00       | 11:49       |
| 19-8-2023 | 09:00       | 12:20       |
| 20-8-2023 | 09:00       | 12:52       |
| 21-8-2023 | 09:23       | 13:23       |
| 22-8-2023 | 09:52       | 13:52       |
| 23-8-2023 | 10:19       | 14:19       |
| 24-8-2023 | 10:48       | 14:48       |
| 25-8-2023 | 11:33       | 15:33       |
| 26-8-2023 | 12:39       | 16:39       |
| 27-8-2023 | 14:11       | 18:00       |
| 28-8-2023 | 16:02       | 18:00       |
| 29-8-2023 | 17:26       | 18:00       |
| 30-8-2023 | 09:00       | 09:45       |
| 31-8-2023 | 09:00       | 10:39       |
| 1-9-2023  | 09:00       | 11:27       |
| 2-9-2023  | 09:00       | 12:11       |
| 3-9-2023  | 09:00       | 12:54       |
| 4-9-2023  | 09:34       | 13:34       |
| 5-9-2023  | 10:11       | 14:11       |
| 6-9-2023  | 10:44       | 14:44       |
| 7-9-2023  | 11:14       | 15:14       |
| 8-9-2023  | 11:57       | 15:57       |
| 9-9-2023  | 13:09       | 17:09       |
| 10-9-2023 | 14:36       | 18:00       |
| 11-9-2023 | 16:29       | 18:00       |
| 12-9-2023 | 17:32       | 18:00       |
| 13-9-2023 | 09:00       | 09:35       |
| 14-9-2023 | 09:00       | 10:17       |
| 15-9-2023 | 09:00       | 10:53       |
| 16-9-2023 | 09:00       | 11:24       |
| 17-9-2023 | 09:00       | 11:53       |
| 18-9-2023 | 09:00       | 12:23       |
| 19-9-2023 | 09:00       | 12:54       |
| 20-9-2023 | 09:25       | 13:25       |
| 21-9-2023 | 09:52       | 13:52       |
| 22-9-2023 | 10:17       | 14:17       |
| 23-9-2023 | 10:59       | 14:59       |
| 24-9-2023 | 12:22       | 16:22       |
| 25-9-2023 | 14:20       | 18:00       |
| 26-9-2023 | 15:58       | 18:00       |
| 27-9-2023 | 17:11       | 18:00       |
| 28-9-2023 | 09:00       | 09:24       |
| 29-9-2023 | 09:00       | 10:17       |
| 30-9-2023 | 09:00       | 11:04       |

**Nes-Buren**

| <i>from</i> | <i>till</i> |
|-------------|-------------|
| 09:00       | 09:45       |
| 09:00       | 10:40       |
| 09:00       | 11:28       |
| 09:00       | 12:14       |
| 09:00       | 12:58       |
| 09:42       | 13:42       |
| 10:24       | 14:24       |
| 11:05       | 15:05       |
| 11:45       | 15:45       |
| 12:34       | 16:34       |
| 13:40       | 17:40       |
| 14:57       | 18:00       |
| 16:30       | 18:00       |
| 17:35       | 18:00       |
| 09:00       | 09:41       |
| 09:00       | 10:24       |
| 09:00       | 11:01       |
| 09:00       | 11:34       |
| 09:00       | 12:05       |
| 09:00       | 12:37       |
| 09:08       | 13:08       |
| 09:37       | 13:37       |
| 10:04       | 14:04       |
| 10:33       | 14:33       |
| 11:18       | 15:18       |
| 12:24       | 16:24       |
| 13:56       | 17:56       |
| 15:57       | 18:00       |
| 17:11       | 18:00       |
| 09:00       | 09:30       |
| 09:00       | 10:24       |
| 09:00       | 11:12       |
| 09:00       | 11:56       |
| 09:00       | 12:39       |
| 09:19       | 13:19       |
| 09:56       | 13:56       |
| 10:29       | 14:29       |
| 10:59       | 14:59       |
| 11:42       | 15:42       |
| 12:54       | 16:54       |
| 14:21       | 18:00       |
| 16:14       | 18:00       |
| 17:17       | 18:00       |
| 09:00       | 09:20       |
| 09:00       | 10:02       |
| 09:00       | 10:38       |
| 09:00       | 11:09       |
| 09:00       | 11:38       |
| 09:00       | 12:08       |
| 09:00       | 12:39       |
| 09:10       | 13:10       |
| 09:37       | 13:37       |
| 10:02       | 14:02       |
| 10:44       | 14:44       |
| 12:07       | 16:07       |
| 14:05       | 18:00       |
| 15:43       | 18:00       |
| 16:56       | 18:00       |
| 09:00       | 09:09       |
| 09:00       | 10:02       |
| 09:00       | 10:49       |

From 8 July to 2 September 2023, there are lifeguard from 10:00 – 18:00. Lifeguards are also present on 23, 24, 25, 30 June, 1, 2 July and 8, 9, 10, 11, 15, 16, 17 September 2022 from 10:00 – 18:00. There are no lifeguards outside these times/dates. Swimming in the sea is always at your own risk. Do not bathe at low tide and follow the instructions of the KNRM.