

## **JULY 2017 SCHOOL HOLIDAYS**

Swimming will be held as normal on Sunday 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> July

### **THERE WILL BE NO CLUB SWIMMING ON FRIDAY 14<sup>TH</sup> AND FRIDAY 21<sup>ST</sup> JULY**

Club nights on Monday 10<sup>th</sup> and 17<sup>th</sup> July will be devoted to distance badge swimming. All Tadpoles, Penguins, Seals and club swimmers are welcome to attend.

For those new to the club, PCA has distance badges swimmers can achieve by completing a distance without stopping. The distances covered are 25m (one length) 50m, 100m, 200m, 400m, 800m, and 1500m. Once a swimmer has completed all these distances they move on to swimming 1 kilometer (40 lengths) for a time. PCA has various ribbons to reward swimmers for times achieved.

PCA has the pool booked until 8.30pm. Those swimming up to 400m meters should come at 6pm, while **those swimming longer distances are to come at 6.45pm to 7pm**. To help this evening run smoothly our coaches need help from parents counting laps and/or timing the 1k swimmers.

Please note,

- swimmers may need to wait their turn if the lanes are full, so everyone has the opportunity to achieve their goals.
- PCA's Orcas will be training with Ben in 3 lanes until 6.30pm, leaving club swimmers 3 lanes from 6pm to 6.30pm, and six lanes after 6.30pm.

### **Tadpoles, Seals, Penguins and the Thursday group**

As these groups do not train over the school holidays, swimmers are welcome to come along to swim for these distance badges.