

JULY SCHOOL HOLIDAYS

During the school holidays Monday and Friday club nights will be devoted to distance badge swimming.

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, 400, 800, and 1500m. Once a swimmer has completed all these distances they can move on to swimming 1 kilometre (40 lengths) for a time. The club has various ribbons to reward swimmers for the times achieved.

Those swimming up to 400m metres should come at 6pm, while those swimming longer distances are to come at 7pm. To help these evenings run smoothly Eileen and Viv need help from parents counting laps and 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

Penguins

As the Penguins do not train over the school holidays, they are welcome to join these club sessions and swim distance badges.

Swordfish and Orcas training times (July 2nd to 13th)

	Swordfish	Orcas
Monday	4pm to 5pm	4.30pm to 6pm
Tuesday	4pm to 5pm	5pm to 6.30pm
Wednesday	4pm to 5pm	5pm to 6.30pm
Thursday	4pm to 5pm	5pm to 6.30pm
Friday	4pm to 5pm	4.30pm to 6pm

Note on Monday and Fridays both groups will be in the pool from 4.30pm to 5pm. Unfortunately we could not book the pool earlier than 4pm, and club distance badges start at 6pm.