

The News in Brief

**PORIRUA CITY AQUATICS,  
FAMILY FUN NIGHT  
(Note change of date)**



**Friday 14 December 2012, 6pm warm for a 6.30pm start.**

Traditionally this has been an evening of fun races for the whole family.

The programme includes

- piggy back races
- monster whirlpool
- friends relays
- novelty events
- family relays (teams of three from one family)
- width kicking races for younger family members.
- an adults 50m sprint for those who wish to re-live their swimming days.

It is hoped that most parents will take part. Apart from the 50m sprint, all other events are for non-swimmers. If you can walk in the pool carrying a child on your back – then we need you !!!!

All families are asked to bring a plate of finger food. Sausages for the BBQ and orange drink will be supplied.

For those who swim on Monday and Friday nights and Sunday mornings with Eileen, Viv and/or Peter this will be our final club night for 2012.

The Cannons Creek Pool will be closed for renovations from 16 December and is expected to re-open after Anniversary weekend. **Normal club nights resume on Monday 28 January 2013.**

Training lanes have been booked for the Penguins, Advanced Penguins, Swordfish and Orcas from Monday 17 December to Friday 21 December 2012 at Te Rauparaha Arena Pool. Swimmers who train with Peter, Viv or Eileen who have entered the Wellington Summer Champs are welcome to join the Swordfish training sessions. Training times are as follows.

<i>December</i>	<i>Orcas</i>	<i>Swordfish</i>	<i>Adv. Penguins</i>	<i>Penguins</i>
Monday 17 <sup>th</sup>	4:00pm to 5.30pm			
Tuesday 18 <sup>th</sup>	5.30pm to 7:00pm	4.30pm to 5.30pm	3.45pm to 4.30pm	3.45pm to 4.30pm
Wednesday 19 <sup>th</sup>	4:00pm to 5.30pm			
Thursday 20 <sup>th</sup>	5.30pm to 7:00pm	4.30pm to 5.30pm	3.45pm to 4.30pm	3.45pm to 4.30pm
Friday 21 <sup>th</sup>	4:00pm to 5.30pm			

Where possible bookings are for three lanes with the following exceptions, Monday 17<sup>th</sup> only 2 lanes were available, and Friday 21<sup>st</sup> only one. Every effort is being made by the council to improve this.

Normal door entry charges apply at the Arena. Unfortunately Cannons Creek Pool concession tickets/passes may not be used. A "Child Elite" 10 trip ticket may be purchased at the Arena for \$17.00. These may only be used by *named* PCA members who are at the pool for training. The club will give the names of squad swimmers and Wgtn Champs qualified swimmers to the Arena staff to monitor this. Swimmers can apply for a credit for partly used tickets at the end of January.

Training will be available for the Orcas and Swordfish at the Arena from 7<sup>th</sup> January until 25<sup>th</sup> January 2013. Refer to the timetable over the page. Advanced Penguins and club swimmers who have entered the Wellington Champs are welcome to train with the Swordfish during this period.

**There will be a team meeting for all those swimming at the Wellington Champs on Wednesday 16 January at the Arena from 5.15pm to 5.45pm**

If you have a query about training over December and January, please give me a ring, 234 7071

Wishing you all a Safe and Happy Christmas

Viv Morton, President.

## PCA Squad Swimming from Monday 7 Jan 2013 – Friday 25 Jan 2013

7 <sup>th</sup> – 11 <sup>th</sup> Jan 2013	Mon	Tues	Wed	Thurs	Fri
<b>Senior</b>	5.30 – 7.00am 5.30 - 7.00pm	5.30 – 7.00am	5.30 – 7.00am 5.30- 7.00pm	5.30 – 7.00am	5.30 – 7.00am 5.30- 7.00pm
<b>Orcas</b> - 3 lanes	4.00-5.30pm	5.00 – 6.30pm	4.00-5.30pm	5.00 – 6.30pm	4.00-5.30pm
<b>Swordfish</b> – 2 lanes		4.00 – 5.00pm		4.00 – 5.00pm	
14 <sup>th</sup> – 17 <sup>th</sup> Jan 2013	Mon	Tues	Wed	Thurs	Fri
<b>Senior</b>	5.30 – 7.00am 5.30- 7.00pm	5.30 – 7.00am	5.30 – 7.00am 5.45- 7.00pm <b>Team Meeting 5.15 to 5.45pm</b>	5.30 – 7.00am	Wellington Champs
<b>Orcas</b>	4.00-5.30pm	5.00 – 6.30pm	4.00-5.15pm	5.00 – 6.30pm	
<b>Swordfish</b>		4.00 – 5.00pm		4.00 – 5.00pm	
23 <sup>rd</sup> – 25 <sup>th</sup> Jan 2013	Mon	Tues	Wed	Thurs	Fri
<b>Senior</b>	Wellington Champs	No swimming Recovery day from Wellington Champs	5.30 – 7.00am 5.30- 7.00pm	5.30 – 7.00am	5.30 – 7.00am 5.30- 7.00pm
<b>Orcas</b>			4.00-5.30pm	5.00 – 6.30pm	4.00-5.30pm
<b>Swordfish</b>				4.00 – 5.00pm	
<p><b>Please Note:</b> There will be a Wellington Championships Team Meeting on Wednesday 16 January from 5:15pm to 5:45pm. All swimmers and their parents are expected to attend.</p> <p><b>There will be no swimming on Friday 18 Jan, Monday 21 Jan and Tuesday 22 Jan 2013 due to Wellington Championships.</b></p> <p><b>Advanced Penguins and swimmers who train with Viv, Peter and/or Eileen who will be swimming at the Wellington Champs may join the Swordfish trainings.</b></p> <p>Squad swimming should recommence at Cannons Creek Pool on Monday 28 Jan 2013.</p>					