

Club Sessions Plans for School Holidays and beyond:

Monday 22 & 29 Sept. Club swimming will be at the Arena. Those who usually come at 6pm should come at 6.30pm and those in the later classes come at 7.15pm. With three lanes & diving blocks available this will be a great opportunity for everyone to improve their diving. **Swimmers will need to pay the councils door entry charges.**

Friday 26 Sept and 3 October. Club sessions will be at Cannons Creek with all six lanes devoted to Distance Badge swimming from 6pm. Club and Squad swimmers are welcome. Details are below.

Sunday 28 Sept – There will be NO club swimming.

Sunday sessions October 5, 12 and 19 - Club swimming will be 9am to 10am.

Monday 6 October – term four resumes, normal timetable

There will be no club swimming on Sunday 26 Oct and Monday 27 Oct – Labour weekend.

Sunday sessions will be 8am to 9am from November 2 Nov until the final Sunday for the year on December 14.

Distance Badges.

As many of you know PCA has distance badges swimmers can achieve by completing a distance without stopping, Distances covered are 25m (one length) 50m, 100m, 200m, 400m, 800m, and 1500m. Once a swimmer has completed these distances, they can move on to swimming 1 kilometer (40 lengths) for a time. PCA has a range of ribbons available to reward swimmers for times achieved.

Swimming times – please come at the times set out below. It makes it very difficult when swimmers turn up at 6pm to swim 1K.

- 6pm for those swimming distance badges for the first time.
- 6.30 for those swimming 200m, 400m, 800m and 1500m
- 7pm for timed 1K swimmers

To help these evenings run smoothly our coaches will 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, to give everyone the opportunity to achieve their goals.
- Parents helping are not to interrupt swimmers to update them on their progress or the number of lengths they have to go. Just leave them to get 'on with the job.' Hopefully they are counting themselves anyway!

Ring me if you have a query, just ask - Viv 027 645 1146

Calling for Expressions of Interest from Swimmers interested in joining a new Tadpoles Squad

Subject to lane space being available PCA is keen to run another Tadpoles Squad (or two if there is demand) at Cannons Creek Pool on Thursday afternoons, initially this would be 5-5.45pm, and if a second group was added that would be 5.45-6.30pm, starting in term 4. Start date will be confirmed.

Cliff Roberts, PCA's Junior Squad Coach, would be taking this group/s and Justin Roberts (PCA's Senior coach) would coach take the Orcas and Sharks at the Arena.

Like the Tadpoles who currently swim on Friday nights (6pm to 6.45pm), these new sessions would be technique groups.

Tadpoles is the first step on the club's competitive pathway.

Criteria – swimmers must be

- at least 7 and a half.
- fully paid-up members of the club.
- keen to race and enter meets involving other clubs.

General

- The coaching fee for Tadpole's \$45.00 for the term (additional to the club membership fee). Swimmers are also required to pay door entry charges to the pool staff. Buying a concession card is the cheapest way to do this.
- Tadpoles squads are limited to 12 swimmers.
- While in Thursday Tadpoles swimmers can continue to swim, either on Mondays or Friday nights, but not both and Sunday's morning with their normal club coach.
- At the end of the term swimmers may choose to stay with the Tadpoles for another term, move

by invitation into one of PCA's Junior squads or return to swim entirely in the volunteer coached lanes.

Those interested in joining the Thursday Tadpoles or squad swimming in general, should contact Viv, either pool side, email president@swimporirua.co.nz or ph 027 645 1146

Swimming NZ's Short Course Champs

Swimming NZ's Short Course Champs are to held in Auckland from Sunday 21 to 25 Sept. This meet will attract the top swimmers from all around the country who have all achieve tough qualifying times to earn their right to take part – the youngest age group is 13 years. Overseas swimmers will also be competing.

PCA will have a team of 16 competing – Congratulations to everyone for achieving qualification - Felix Thomas, Joe Reiher, Jayden Ng, Justin Wang, Victor Yu, Cody Chen, Eric Yuan, Nathaniel Wood, Patrick Reiher, Dannielle Rule, Lauren Crawford, Alyssa Bai, Karmen Zhou, Camille Zhou and Indie Spalding.

Rose Crawford is the Team Manager with Elouise Thomas and Carla Spalding assisting. Justin Roberts is the travelling coach and Brent Harris has taken a week off work to officiate.

The meet will be live streamed - details can be found on SNZ website under Pool Calendar, NZ Short Course champs then there is a tab for livestreaming. Heats are each morning with final at night.

Learn to Swim Term 4 2025

Our next course of lessons will start on 2 November 2025 and finish on 14 December 2025. Class times are 9.15am and 10am with all levels held at each time slot.

On the first day swimmers should arrive at least 15 minutes earlier than their class time to complete enrolment process.

The fee is \$50.00 for this course of lessons – payment can be made on the first day - cash only, no eftpos, or deposited into account number 030547 0205093 01. Account name Porirua City Aquatics Incorporated. Please use your swimmers name as the reference and include L2ST3.

Please note. All participants must be at least 5 years old, 1.1m tall, long hair must be tied back – wearing a cap is preferable. Goggles are essential and can be purchased at the pool.

Porirua City Aquatics and Tawa Swimming Club's up-coming National Qualifying Meets

Dates 11 October and 8 November 2025.

Every Wellington swimming club is allocated one National Qualifying Meet a year to host. PCA and Tawa are pooling resource to run our two meets together.

These meets will be held Long Course at the new Te Ngaegae Pool in Lower Hutt.

Long Course means the pool will be set up with 50m lengths, giving swimmers an opportunity to experience a *big* pool. The meet is targeting all club and squad swimmers. Swimmers may enter a maximum of four events. Only two events may be entered on a No time. As a National Qualifying meet times recorded may be used as national and regional qualification times.

As co-hosts PCA is expecting to have the biggest team at the meet.

PCA and Tawa will be covering all the duties and will need everyone's support to ensure its success.

There will be a draw at the end of the meets and four lucky swimmers will receive \$50 in cash providing they have competed in three events and are at the pool to receive their prize.

Meet Reports:

Pirates National Qualifier at Coastlands 23 August 2025

Thirteen PCA swimmers took part in this meet, with 48% achieving PBs from their 33 swims.

Coastland Classic at Coastlands 6 September 2025

Fifteen PCA swimmers took part in this meet, with 58% achieving PBs from their 31 swims.

Congratulations to Asher Thomas for breaking the club record for boys 14yrs 50m breaststroke.

At both the Pirates National Qualifier and Coastlands Classic meets, a number of swimmers achieve extra qualifying times for the up-coming NZ Short course Champs, and has been shown at recent meet very few PCA swimmers have been disqualified!

Thanks to everyone who managed the teams, officiated at these meet and to the coaches for their advice.

Race Night 5 September 2025

It was great to see a number of new swimmers take part in Race Night, while many of the more experience challenged themselves by trying new events.

Successful race nights don't happen without many volunteers helping out. A big thank you goes to all those who time kept and officiated. I know people's reluctance to time keep is often because they've never done it before, but it is easy, as many found out.

To the ladies who organised the entries and cards, thank you. Thank you to those who offered to cook sausages – it was a shame bad weather didn't allow us to test your skills!

Thanks especially to Elouise, who multi tasked between starter and referee and to coach Cliff for his advice and knowledge he shared with the swimmers.

In House League

The final meet in the 2025 In-house series of three meets held on 15 September proved to be as loud with swimmers encouraging their teammates. Sadly, our numbers were down with league clashing with other events in the community.

Points for each meet were:

Team	1	2	3	4	5	6
Meet 1	181	159	179	175	171	165
Meet 2	212	170	173	213	218	189
Meet 3	190	133	165	158	155	153
Overall Points	583	462	517	546	544	507
	1st	6th	4th	2nd	3rd	5th

Congratulations to Team one – our 2025 winners. Wambui Mubea, Levi Clayton, Oscar Willemsen, Avery Sun, Joseph van Zyl, Jackson Smith, Hana Lewis, Harrison Boyle, Tom Wakefield, Lincoln Thoas, Emily Ferreira, Clara Dolan, Otis Allen, Blake Ellis, Mahina Shafi, Chilli Deli, Nathaniel Wood, Daniel Turetsky and Asher Thomas.



A big thank goes to the team leaders for organizing and encouraging their teams.

Thank you to the judges – at times some of the races were very close calls. Thank you to the administrators, especially Mel Jackson and Jo McMaster who recorded the results and tallied the points – thanks to the officials and the announcer Nathan Thomas for keeping everyone informed throughout the meets.

Subscriptions:

The membership year begins on 1 July, and subs for the year are:

- \$220.00 for club members. That is, those who swim in the Tadpoles squad and those who swim at the club sessions on Friday and/or Monday nights and/or Sunday mornings.
- \$220.00 for PCA's Johnsonville Squad swimmers
- \$185.00 for squad members, being those in the Senior squad, Orcas, Sharks, Swordfish, Seals and those who swim in PCA's Johnsonville squad.

Subs can be paid directly into the PCA bank account 030547-0205093-00 (please use the swimmers name as a reference), or can be paid at the duty desk on a Monday or Friday night, or left in a named envelope in the black letterbox on our storeroom door.

Annual Subs were due on 1 July and should be paid as soon as possible.

For new members joining during the year the sub is reduced on a sliding scale from October to the following June based on the month of joining, and if the swimmer is a squad or competitive swimmer. These rates are available from the info@swimporirua.co.nz or the person on the desk on Monday and Friday club nights.

Swimmers are required to be financial members to enter swim meets and attend training nights (club and squad) and to attend and vote at the AGM or other club meetings.

Some leeway will be provided for the attendance at training as long as the annual sub is paid by 31 July, within four weeks of joining if a new member, or are on an agreed payment plan and no payments have been missed.

There is no leeway for entering swim meets or being able to vote at club meetings. You must be a paid up member to participate in swim meets and club meetings.

Any family wishing to spread their payments should contact our Treasurer at treasurer@swimporirua.co.nz to make an arrangement.

Duty Roster:

The club is also looking for volunteers to staff the desk on Monday and Friday nights at Cannons Creek.

You will need to report at 5:45pm to set up for a 6:00pm session start and stay until the start of the final session starts at 7.20pm.

Those interested should contact Viv Morton on 027-645-1146 or email president@swimporirua.co.nz

BBQ Roster:

On Club Nights, and Sunday Mornings during Club and Lean to Swim Sessions at Cannons Creek Pool there is an opportunity for parents to raise money to help with their club expenses.

The money raised from each sausage sizzle (or whatever else you would like to cook on the BBQ) less any direct expenses is kept by the club and allocated to the family who did the BBQ.

The purchase of some items (sausages, bread etc) is required at the time.

The money raised can be used for entry fees, subs, squad fees, to purchase uniforms etc.

Anyone interested in cooking for a night should contact Viv Morton e-mail president@swimporirua.co.nz or phone 027-645-1146 for further information.

PCA Swimming Caps:

New members will be given a cap on receipt of their first subscription payment.

Caps are replaced free of charge if they split, on presentation of the damaged cap.

The cost of caps are \$10 each if a swimmer requires another cap.

It would not normally be expected that any swimmer would need more than 1 or 2 caps each year.

Caps can be obtained from the sign-in desk at Monday and Friday night club sessions (at Cannons Creek) or the Team Manager at swim meets.

Club Uniform:

The club orders uniform items several times a year based on the demand. The items that are available for order (and order forms) are on the notice board at Cannons Creek Pool and on the Website.

Items ordered must be paid for before the items will be included in an order sent to our supplier.

The delivery of any order we place takes about eight weeks from the time of ordering.

We also have a limited amount in stock of PCA uniform hoodies with zips, T shirts, shorts and ponchos in various ages.

Please contact Jessie Guo on 021-232-1533 or e-mail uniforms@swimporirua.co.nz if you would like to purchase any PCA uniform items - see the web site for details, order form and bank details.

Bank Account Details:

Sunday Learn to Swim	03-0547-0205093-01
Squad Fees	03-0547-0205093-02
Everything Else	03-0547-0205093-00

If you are unsure which account you should be using, please contact treasurer@swimporirua.co.nz.

Upcoming Events:

- SNZSC Champs – Auckland – 21 September
- Tawa NQ (LC) – Naenae - 11 October
- 18/19 October - SWN Junior Champs
- SWN relay champs (LC)– WRAC – 1 November
- PCA NQ (LC) – Naenae – 8 November
- Paekakariki Shield relays and Chocolate – Tawa – 16 November
- Taraika NQ – WRAC – 22 November
- SWN Summer Champs (LC) – December

Club Lane and Squad Information:

A summary of how we structure our Club Lanes for new swimmers, and also our booklet for competitive swimmers can be found at the links below.

[Club Lane Swimming](#)
[Competitive Swimming](#)

Report of Best Times:

If you require a list of your times, please email Elouise Thomas the Race Secretary at race@swimporirua.co.nz and they will be sent back to you.

Club Contacts:

President (Viv Morton)	027-645-1146
Vice-President (Oliver Bennett)	021-612-719
Secretary (Rose Crawford)	e-mail
Treasurer (Sonja Maharaj).....	e-mail
Race Secretary (Elouise Thomas).....	022-140-5068
Junior Squad Coach	e-mail
Senior Squad Coach.....	e-mail
Officials Co-ordinator (Blair St Just)	021-782-591
Uniforms (Jessie Guo)	021-232-1533
Newsletter	e-mail