## **BSC and Neston Summer Training Schedule**

Wednesday   July 24	Day	Date	Pool	Time		Comments	
Friday							
Saturday			+	+		1 HOUR ONLY – Masters ok to attend	
Sunday	-	•		+			
Tuesday         July 30         Leasowe         19:00 – 20:30           Wednesday         July 31         Neston         19:30 – 21:00         Leasowe cancelled           Frifday         August 3         Leasowe         16:30 – 18:00         Lan Ingham FC workshop + £6 cost per swimmer           Sunday         August 4         Neston         8:00 – 9:00         Leasowe         19:00 – 20:30           Wednesday         August 6         Leasowe         19:00 – 20:30         Leasowe         Leasowe           Friday         August 7         Neston         19:30 – 21:00         Leasowe cancelled           Saturday         August 10         Leasowe         16:30 – 18:00         Leasowe cancelled           Sunday         August 11         Neston         19:30 – 21:00         Leasowe cancelled           Sunday         August 11         Leasowe         15:30 – 17:00         Leasowe cancelled           Friday         August 14         Neston         19:30 – 21:00         Leasowe cancelled           Friday         August 13         Leasowe         15:30 – 17:00         Leasowe cancelled           Friday         August 14         Neston         19:30 – 21:00         Leasowe cancelled           Sunday         August 17         Leasowe		•	•	8:00 – 9	:00	·	
Wednesday   July 31	Sunday	· ·	Leasowe	15:30 -	17:00		
Friday	Tuesday	July 30	Leasowe	19:00 -	20:30		
Saturday   August 3	Wednesday	July 31	Neston	19:30 - 21:00			
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	Wednesday	Neston	19:30 –	19:30 – 22:00			