

BSC and Neston Summer Training Schedule

Day	Date	Pool	Time	Comments
Wednesday	July 24	Neston	19:30 – 21:00	
Friday	July 26	Leasowe	19:00 – 20:00	1 HOUR ONLY – Masters ok to attend
Saturday	July 27	Europa	16:00 – 17:30	Leasowe cancelled due to pool maintenance
Sunday	July 28	Neston	8:00 – 9:00	
Sunday	July 28	Leasowe	15:30 – 17:00	
Tuesday	July 30	Leasowe	19:00 – 20:30	
Wednesday	July 31	Neston	19:30 – 21:00	
Friday	August 2	Neston	19:30 - 21:00	Leasowe cancelled
Saturday	August 3	Leasowe	16:30 – 18:00	Ian Ingham FC workshop + £6 cost per swimmer
Sunday	August 4	Neston	8:00 – 9:00	
Sunday	August 4	Leasowe	15:30 – 17:00	
Tuesday	August 6	Leasowe	19:00 – 20:30	
Wednesday	August 7	Neston	19:30 – 21:00	
Friday	August 9	Neston	19:30-21:00	Leasowe cancelled
Saturday	August 10	Leasowe	16:30 – 18:00	Ian Ingham BR workshop, £6 cost per swimmer
Sunday	August 11	Neston	8:00 – 9:00	
Sunday	August 11	Leasowe	15:30 – 17:00	
Tuesday	August 13	Leasowe	19:00 – 20:30	
Wednesday	August 14	Neston	19:30 – 21:00	
Friday	August 16	Neston	19:30 - 21:00	Leasowe cancelled
Saturday	August 17	Leasowe	16:30 – 18:00	
Sunday	August 18	Neston	8:00 – 9:00	
Sunday	August 18	Leasowe	15:30 – 17:00	Ian Ingham BK workshop, £6 cost per swimmer
Tuesday	August 20	Leasowe	19:00 – 20:30	
Wednesday	August 21	Neston	19:30 – 21:00	
Friday	August 23			BANK HOLIDAY
Saturday	August 24			BANK HOLIDAY
Sunday	August 25			BANK HOLIDAY
Sunday	August 25			BANK HOLIDAY
Tuesday	August 27	Leasowe	19:00 – 20:30	
Wednesday	August 28	Neston	19:30 - 21:00	
Friday	August 30	Neston	19:30 - 21:00	
Friday	August 30	Leasowe	19:00 - 21:00	
Saturday	August 31	Leasowe	16:30 - 18:00	
Sunday	September 1	Neston	8:00 – 9:00	
Sunday	September 1	Leasowe	15:30 – 17:00	Ian Ingham Fly workshop, £6 cost per swimmer
Tuesday	September 2	Leasowe	19:00 – 20:30	
Wednesday	September 3	Neston	19:30 - 21:00	
NOTE: NORMAL TRAINING AVAILABLE AT LEASOWE FOR THOSE NOT ATTENDING STROKE WORKSHOPS				
NORMAL TRAINING SESSIONS RESUME				
Friday	Neston	19:30 – 21:00		
Friday	Leasowe	19:00 – 21:00		
Saturday	Europa	16:00 – 17:30		
Saturday	Leasowe	16:30 – 18:00		
Sunday	Neston	8:00 – 9:00		
Sunday	Leasowe	15:30 – 17:00		
Monday	Picton	19:00 – 20:30	Start date to be confirmed when pool is reopened	
Tuesday	Leasowe	19:00 – 20:30		
Wednesday	Neston	19:30 – 22:00		