



Birkenhead Swimming Club

Summer Training Sessions 2026



Sessions are available throughout the holiday period.

GREEN = Session

ORANGE = No Session

Leasowe - Tuesday 21 July, 11, 18, 25 August

Sessions combined into 1 session 7.15pm - 8.45pm

Open to all swimmers.

Neston:

Beginner/ Junior Sessions

Wednesday 7.30pm - 8.30pm

Friday 7.30pm - 8.30pm

Sunday 8.00am - 9.00am

Senior/ Master Sessions

Wednesday 8.30pm - 9.30pm

Friday 8.30pm - 9.30pm

Sunday 8.00am - 9.00am

If you have not previously trained a Neston, for insurance purposes please advise before attending.
Also please confirm your permission to use Birkenhead data to set up for Neston.

July 2026 - LEASOWE						
M	T	W	T	F	S	S
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

July 2026 - NESTON						
M	T	W	T	F	S	S
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Leasowe - Tuesday 21 July

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August 2026 - LEASOWE						
M	T	W	T	F	S	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

August 2026 - NESTON						
M	T	W	T	F	S	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Leasowe - Tuesday 11, 18, 25 August

Sessions combined into 1 session 7.15pm - 8.45pm

Open to all swimmers.