

BPSC Summer Swimming - Invitation

- We listened to your feedback from last year and have lined up great pools, more sessions at better times and all at better value.
- We have teamed up with Griffins Swimming club to provide this great opportunity to continue to swim throughout the summer. Both clubs will be sharing their different drills and coaching styles.
- At just £3 a session it's great value. Less than a public swim with expert coaches on hand.
- Note that Wed continues to be free, regardless of which pool you choose to swim at, as we have traditionally provided swimming throughout the summer without an additional charge.
- Sessions run every day - Monday to Friday each week for the five weeks over the summer - from Monday 26th July through to Friday 27th Aug.
- These are great pools; both Southbury Rd (which many of you will know from Galas) and QE Boys are 25m/ eight lane pools. Southgate is also a great facility with a 33m pool.
- We will be sharing the pool and lanes with the Griffins squads of the same standard - great opportunity to meet new swimmers, make friends and share what both our clubs have to offer each other.
- Our BPSC coaches will be present.

Do's

- Do come along even just for the odd session - its open to **ALL** and we want as many swimmers as possible.
- Do take note of which pool the session is at!
- Do check your email to see our weekly reminder of session times and locations

Don'ts

- Don't bring the £3 cash to the sessions - we will email you with the 'bill' based on attendance at the end of the 5 weeks.

There is a **Live News Section** on our website news page at www.broomfieldparksc.org.uk/news.html
Please check this section as we will be announcing any changes to the program and exciting snippets of information here first. You will also be able to contact us via this section so it's very important.

		BPSC Summer Swimming Sessions 2010 - £3 a session/day except Wed when it's free!																			
POOL		6:30 PM	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:45 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM	10:00 PM					
Mon	Q. E. BOYS	Development squad					Junior squad			Senior squad			Adult development				Masters				
Tues	Q. E. BOYS	Junior squad					Senior squad														
Wed	Southbury Rd,	<p>Wednesday sessions are free as we have traditionally provided Summer swimming at Southgate.</p> <p>NOTE Juniors & Senior are at Enfield - Southbury Rd pool.</p> <p>Adult can swim either of the 1 hours or go for it and do a 2 hour session at Southgate.</p>									Junior squad			Senior squad							
Wed	Southgate	Development squad			Masters			Masters			Masters			Adult development			Adult development				
		Adult casual			Adult casual																
Thur	Q. E. BOYS	Development squad					Junior squad			Senior squad											
Fri	Southgate	Development squad					Junior squad			Senior squad			Masters								

Do help to make this a success by joining in!