

# Potters Bar Swimming Club

## Summer 2010 Training Times

There are several changes to the training schedule over the summer months.

1 Queenswood pool - we have limited use during the school holidays, for Squads 4 & 5 the last session will be Monday 5th July returning on Monday 6th September. Alternative sessions at Furzeffield for Squad 5 (Sundays) and Squad 4 (Mondays) have been arranged. Masters will continue at Queenswood until 2nd August but at an earlier time.

2 During August there will be no Squad training sessions between 8.15pm and 9.15pm on Friday nights and no early Saturday morning sessions between 7.45 and 8.45am.

- Groups A to E** - Lessons will continue throughout the summer on Friday nights  
 - Friday 1st Oct lessons cancelled due to Club Champs
- Squad 5** - Friday training session continues throughout the summer at Furzeffield 7.15 to 8.15pm  
 - Monday 5th July last Queenswood training session  
 - Sunday 11th July to Sunday 5th September alternative sessions at Furzeffield 7.15 to 8.15pm  
 - Monday 6th September Queenswood training sessions resume  
 - Friday 1st Oct training cancelled due to Club Champs
- Squad 4** - Thursday and Sunday training sessions continue through the summer  
 - No Saturday morning sessions 7.45 to 8.45 in August  
 - Monday 5th July last Queenswood training session  
 - Monday 12th July to Monday 23rd August alternative sessions at Furzeffield 6.15 to 7.15pm  
 - Monday 6th September Queenswood training sessions resume
- Squads 1 - 3** - Training sessions continue through the summer apart from :-  
 - No Friday sessions 8.15 to 9.15 in August  
 - No Saturday morning sessions 7.45 to 8.45 in August
- Masters** - Monday 5th July last 8.00 to 9.00 Queenswood training session  
 - Monday 12th July to 2nd August 6.30 to 7.30 Queenswood training session  
 - Thursday 5th to Thursday 26th August alternative sessions at Furzeffield 7.15 to 8.15pm  
 - No Friday sessions 8.15 to 9.15 in August  
 - Monday 6th September Queenswood training sessions resume

### Forthcoming Dates

Sat 26th Jun	Herts Masters (Borehamwood)
Sat 3rd Jul	Peanuts Round 3
Sun 4th Jul	Copthall Summer Sprints
Fri 16th Jul	End of Season Social
Mon 30th Aug	No training - August Bank Holiday
Sat 4th Sep	Hoddesdon Open Meet (Southbury Rd)
Sun 5th Sep	Barnet Copthall Masters Sprints
Fri 24th Sep	Club Champs (IMs & relay)
Mon 27th Sep	Club Champs (Queenswood) <i>No training at Furzeffield</i>
Fri 1st Oct	Club Champs <i>No training at Furzeffield</i>
Sat 2nd Oct	Club Champs East Region Masters (Ipswich)
Sun 3rd Oct	Barnet Copthall Novice Meet
Fri 8th Oct	Div 10 Primary Schools (Barnet)
Sat 9th Oct	National Arena Swimming League Round 1
Sat 17th Oct	Copthall 200s
Sat 6th Nov	PBSC Guide Dog Trophy
Wed 10th Nov	PBSC AGM
Sat 13th Nov	National Arena Swimming League Round 2
Sun 14th Nov	Copthall 100s
Sat 20th Nov	Presentation Party
Sun 21st Nov	Herts Development Meet (Borehamwood) East Region Inter-County Masters (Newmarket)
Sat 4th Dec	Daplyn Trophy (Watford)
Sat 11th Dec	National Arena Swimming League Round 3
Mon 13th Dec	Masters Xmas Curry / Water Polo Match

End of Season Social - Friday 16th July  
 At Potters Bar Cricket Club, The Walk  
 To celebrate the end of a successful Peanuts season and to thank retiring Head Coach Debbie and recently retired Club Chairman Gary  
 More details out soon

Squad 1 to 3 & Masters - Friday 16th July  
 Due to the end of season social the Friday squad 1 to 3 and Masters training session will be between 6.15 and 7.15.  
 Groups and Squad 5 sessions will be as normal at

Club Champs 2010  
 Fri 24th Sep to Sat 2nd Oct  
 Over four sessions, free to enter  
 Closing date for entries Fri 10th Sep  
 No late entries will be accepted