

WATER POLO

Senior Tues 9.00-10.00pm Palatine
Junior Sun 6.00-7.00pm Palatine

LAND TRAINING

Saturday 9-10am Palatine

Biathlon & Triathlon Training

RUNNING PRACTISE

Sunday 4.00-5.00pm Palatine

SHOOTING PRACTISE

Thursday 7-8pm Palatine

SWIMMING

Sunday 5.00-6.00pm Palatine

SWIMMING FOR FITNESS

Monday 6.00-7.00pm Newton Hall

Friday 5.45-6.45pm Newton Hall

Saturday 4.30-5.30pm Moor Park

REGISTRATION FEE - £15

MONTHLY SWIM FEES

1 session per week - £11 a month

2 sessions per week - £17 a month

3 sessions per week - £22 a month

4+ sessions per week - £27 a month

WHO TO CONTACT

WEBSITE

www.blackpolaquatics.co.uk

TO ARRANGE A TRIAL

Palatine Pool & Moor Park Pool

Jane Whittle 01253 393967

Newton Hall Pool

Sue Burrows 01253 890118

WATER POLO

Tom Holland 01253 866546

BI & TRIATHLONS

Ashley Looker 01253 393326

CHIEF COACHES

Alan Harper

CLUB SECRETARY

Janice Whittle

Tel 01253 393967

BLACKPOOL

AQUATICS

ASC



swim21
Accredited



Affiliated Club

Blackpool Aquatics Swimming Club has recently been formed by the amalgamation of two long standing swimming clubs, Blackpool and Newton Hall Blackpool. The two clubs have come together to improve the delivery of teaching and coaching in the Blackpool area, providing swimming sessions at Palatine Leisure Centre, Moor Park Pool and Newton Hall Pool. We offer teaching and coaching for Improvers right up to national standard swimmers. Over 20 trained and qualified coaches and teachers offer various programmes every night of the week. Swimmers aged 8 and over are coached to compete in local team and individual competitions. Swimmers have the opportunity to train and compete in Water Polo. We also have a thriving Biathlon (swimming & running) and Triathlon (shooting, swimming & running) section who compete in the local area.

IMPROVERS

Tuesday	4.45-5.30pm	Newton Hall
Thursday	5.30-6.15pm	Newton Hall
Friday	5.00-5.45pm	Newton Hall

STROKE DEVELOPMENT

Tuesday	5.30-6.15pm	Newton Hall
Thursday	6.15-7.00pm	Newton Hall

PERFORMANCE SQUAD

Monday	6.00-8.00pm	Palatine
Tuesday	6.45-8.45pm	Palatine
Wednesday	7.00-9.30pm	Moor Park
Thursday	6.45-9.15pm	Palatine
Friday	6.00-8.00pm	Palatine
Saturday	7.00-9.00pm	Palatine

DEVELOPMENT SQUAD

Monday	8.00-9.30pm	Moor Park
Tuesday	7.00-8.00am	Palatine
Tuesday	7.45-8.45pm	Palatine
Wednesday	7.00-8.00am	Palatine
Wednesday	7.00-9.30pm	Moor Park
Thursday	7.00-8.00am	Palatine
Thursday	7.45-9.15pm	Palatine
Friday	8.00-9.30pm	Moor Park
Saturday	8.00-9.00pm	Palatine

MICROSQUAD

Monday	7.00-8.00pm	Moor Park
Tuesday	7.00-8.00am	Palatine
Tuesday	6.45-7.45pm	Palatine
Wednesday	7.00-8.00am	Palatine
Thursday	7.00-8.00am	Palatine
Thursday	6.45-7.45pm	Palatine
Friday	7.00-8.00pm	Moor Park
Saturday	8.00-9.00am	Palatine
Saturday	4.30-5.30pm	Moor Park
Sunday	4.00-6.00pm	Palatine

Advanced C Squad have extra ½ hour on Mon. Tues. Thurs & Fri

PRE MICRO SQUAD

Monday	7.00-8.00pm	Moor Park
Tuesday	6.45-7.45pm	Palatine
Thursday	6.45-7.45pm	Palatine
Friday	7.00-8.00pm	Moor Park
Saturday	4.30-5.30pm	Moor Park
Sunday	4.00-5.00pm	Palatine

MASTERS SESSIONS

Mon-Sat	7.00-8.00am	Palatine
Monday	8.45-9.30pm	Moor Park
Thursday	8.15-9.15pm	Palatine
Friday	8.45-9.30pm	Moor Park

Mission Statement

To provide opportunities for all individuals to develop their skills in a range of aquatic disciplines and to compete at levels appropriate to their development