

WATER POLO

Senior Tues 8.45-10.00pm Palatine
Junior Sun 6.00-7.00pm Palatine

Biathlon & Triathlon Training RUNNING PRACTISE

Sunday 4.00-5.00pm Palatine

SHOOTING PRACTISE

Thursday 7-8pm Palatine

SWIMMING

Ladies swim 6.30-8.00pm N Hall

Sunday 5.00-6.00pm Palatine

CLUB SQUAD

(12 YEARS AND OVER)

Monday 6.00-7.00pm Newton Hall

Friday 5.45-6.45pm Newton Hall

Friday 8.30-9.30pm Moor Park

Saturday 4.30-5.30pm Moor Park

REGISTRATION FEE - £25

MONTHLY SWIM FEES

1 session per week - £13 a month

2 sessions per week - £21 a month

3 sessions per week - £26 a month

4+ sessions per week - £30 a month

Performance 1 squad fee - £40

Performance 2 - £35

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 COACH

Jonathan Preston

07889286985

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 1

Monday 6.00-8.00pm Palatine
Tuesday 5.00-7.00am Palatine
Tuesday 6.45-8.45pm Palatine
Tuesday 5.00-7.00am Palatine
Thursday 6.45-8.45pm Palatine
Friday 6.00-8.00pm Palatine
Saturday 6.00-8.00pm Palatine
Land training- Tues & Thurs 7-7.30am & 5.45-6.30pm, Sat 8.15-9am

PERFORMANCE 2

Monday 8.00-9.30pm Moor Park
Tuesday 6.45-8.45pm Palatine
Wednesday 7.00-9.00pm Moor Park
Thursday 7.45-8.45pm Palatine
Friday 8.00-9.30pm Moor Park
Saturday 7.00-9.00am Palatine
Land Training – Mon & Fri 7-7.45pm, Tues & Thurs 6-6.30pm, Wed 6.15-6.45pm, Sat 9.15-10am

PERFORMANCE 3

Monday 7.00-8/8.30pm Moor Park
Tuesday 7.00-8.00am Palatine
Wednesday 7.00-8.00am Palatine
Thursday 7.00-8.00am Palatine
Friday 7.00-8/8.30pm Moor Park
Saturday 4.30-5.30pm Moor Park
Sunday 4.00-6.00pm Palatine
Land Training – Mon & Fri 6.15-6.45, Sun 3.15-3.45

SENIOR DEVELOPMENT

Tuesday 5.00-7.00am Palatine
Wednesday 7.00-9.00pm Moor Park
Thursday 5.00-7.00am Palatine
Friday 8.00-9.00pm Moor Park
Saturday 4.30-5.30pm Moor Park
Land Training – Tues & Thurs 7-7.30am, Wed 6.15-6.45pm, Fri 7-7.45pm

MASTERS SESSIONS

Mon to Fri 7.00-8.00am Palatine
Monday 8.30-9.30pm Moor Park
Thursday 8.15-9.15pm Palatine
Saturday 8.00-9.00am Palatine
Saturday 4.30-5.30pm 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