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## Gala Update

Well done to our Aquasprint team who had a strong win at HOME against Lecale on Saturday: PASC 251 V Lecale 149. Then on Sunday 10 PASC swimmers travelled to Enniskillen for the Lakelanders Open Gala – congratulations to everyone who took part, those who achieved PBs & Medals. As always thanks to all the parent volunteers for supporting the galas.

## Swim Ulster Skills Meet, Sun 22<sup>nd</sup> Apr

For the 10 PASC swimmers who took part in SU's 1<sup>st</sup> meet last Nov, you are invited to attend the follow up meet scheduled to take place on Sun 22<sup>nd</sup> April at 16.45 in Lisburn. Please let Conor know if you are unable to attend.

## Swim-a-mile, Sun 28<sup>th</sup> Apr

Our annual swim-a-mile fundraising challenge will take place on Sat 28<sup>th</sup> April 8-10 am when PASC swimmers will be supporting local charity Angel Wishes, who support families affected by childhood cancer. All money raised will be divided equally between the Charity & PASC. Sponsorship forms are available at the club desk.

There will be draw made with 2 prizes available: 1) to the family who raises the most sponsorship and 2) to a swimmer taking part in the event. We encourage all large pool swimmers to take part in this worthy fundraiser.

*Please ensure all trophies are returned to the club desk no later than the 2<sup>nd</sup> May please.*

## This Week's Training Schedule

- Mon & Wed – normal training schedule, plus fin training at 7.30 pm
- Thurs @ 4.30 pm Land based training continues until 14th June, £20 in total for 10 weeks to be paid in advance
- Thurs @ 5.30 – 6.30 pm **PTL** Training for blue, silver and gold swimmers born 2005 and older
- Thurs @ 7.30 – 8.30 pm **Aquasprint** training for **ALL** yellow, red, green and blue squads born 2006-2009
- Sat 8.00 – 10.00 am training as normal.

## Dates for your diary

- **Wed 18<sup>th</sup> April, Cascades,** House Gala
- **Sat / Sun 5<sup>th</sup> / 6<sup>th</sup> May Bangor** SU Youth & Senior Champs
- **Sat 12<sup>th</sup> May, Ards** Junior Gala -Closing date 25<sup>th</sup> 4
- **Sun 20<sup>th</sup> May, Lisburn** (note change of date) SU 4<sup>th</sup> Development Gala Closing date 2<sup>nd</sup> May
- **Wed 23<sup>rd</sup> May, Cascades** House Gala
- **Sat/Sun 26<sup>th</sup> /27<sup>th</sup> May** Antrim Championships
- **Sat 2<sup>nd</sup> June, Cascades** Try-a-Tri 8-10am
- **Fri 8<sup>th</sup> June, Venue TBC** Aquasprint Finals
- **Tues 12<sup>th</sup> June, Brownlow Hub** PSC AGM 7.30 pm
- **Wed 13<sup>th</sup> June, Cascades** Small Pool End of Season Gala Big Pool IM Gala
- **Sat 16<sup>th</sup> June, Cascades** Big Pool End of Season Gala