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Arthur McDonald Gala

Congratulations to all our young swimmers who competed in last Saturday's novice gala at Newry. Lots of finalists, even for first time competitors which was great and 2 age group winners. NMASC 316, LASC 231, PASC 198 & AASC 103. Thanks to everyone who volunteered and to all swimmers who dashed back to Cascades for their 2nd gala in the same day!

PTL Gala

Well done to everyone who took part in last Saturday's gala and to everyone who volunteered. It was the 2nd gala of the season when we hosted Coleraine at home which went in our favour. Thanks to everyone who volunteered.

War Memorial Gala

Good luck to everyone taking part in this weekend's gala at Bangor Aurora. Be sure to cheer on the PASC coach relay team! Warm up for girls will be 4pm, followed by boys at 4.20 pm and start being 5pm.

Swim Ulster Skills Meet, Sat 24th Nov

If you are a yellow / green / red squad swimmer who hasn't previously competed in a Swim Ulster Development Gala, then this event is for you to develop your technique. Please register your name at the club desk or email portadownasc@gmail.com. As always feel free to ask your coach with questions.

Enniskillen Gala, 25th Nov... ideal for all swimmers already competing in SU development galas, with 50m events for U12 and 100m for 12+. Closing date **7th Nov**. Meet information on www.swimulster.net.

Jump into Christmas with PASC

We would like to invite all swimmers age 5+ to join us at the new Air-tastic venue in Craigavon on 8th December at 6.45 – 8.30 pm. Places will be allocated on a first come first serve basis, you just need to register at the club desk before 14th November. There are 6 places available for under 5s. first served.

Dates for your diary

PTL

- 1st Dec, Away to Dungannon
- 26th Jan, Away to Cookstown
- 16th Feb, Home to Swilly Seals
- 2nd Mar (Heats)
- 23rd Mar (Finals), Ballymena

SU Development Galas

- 13th Jan, Armagh
- 3rd Mar, Newry
- 18th May, Lisburn

Aquasprint

- 19th Jan, Away to Lurgan
- 30th Mar, Away to Larne
- 13th April, Home to COB
- 4th May, Home to Breifne
- 7th June, Aquasprint Finals

Other Dates

- 16th Nov Ulster SC Champs, Lisburn - **closing date 7th Nov**
- 2nd Dec, Ards Gala – meet info on club website
- 16th Dec, SI Novice – meet info on club website
- 6th Jan, Newry Gala
- 18th – 20th Jan, Bangor Open

This week's training

Mon & Wed

As normal plus Fin training @7.30 pm

Thurs:

4.30 pm Land Training
5.30 pm Blue, Silver & Gold
6.30 pm Red, Green & Yellow
7.00 pm Angelfish, 7.30 pm Goldfish

Sat:

8.00 – 9.00 am Training
9.00 – 10.00 am Mini Waterpolo