

BASC Summer Training Arrangements 2019
Monday 15th July to Tuesday 20th August (inclusive)

Up to and including **Tuesday 25th June** training will follow the normal training schedule. Training will be cancelled **Thursday 27th June** due to the Bo'ness Fair E'en. There will then be a break before the summer training schedule starts on Monday 15th July.

The summer training schedule will operate between Monday 15th July and Tuesday 20th August (inclusive). Training will revert to the normal training schedule on **Thursday 22nd August 2018**.

Note: The Bo'ness Academy pool will be closed for a deep clean from Monday 5th August through to Friday 16th August inclusive.

Summer Schedule– Mondays

NB: There is no land training on these Mondays

Bo'ness Academy - 15th July	
7:00pm – 8:30pm <i>Squad(s): Gold and Silver</i>	
Bo'ness Academy - 22nd, 29th July and 19th August	
5:30pm – 7:00pm <i>Squad(s): Improvers and Bronze</i>	7:00pm – 8:30pm <i>Squad(s): Platinum and Masters</i>
	7:00pm – 8:45pm <i>Squad(s): Gold and Silver</i>
Bo'ness Recreation Centre - 5th and 12th August	
7:00pm – 9:00pm <i>Squad(s): Gold and Silver</i>	(2 lanes)

Summer Schedule – Tuesdays

Bo'ness Academy - 16th July	
6:00pm – 7:30pm <i>Squad(s): Gold and Silver</i>	
Bo'ness Academy - 23rd, 30th July and 20th August	
6:00pm – 8:00pm <i>Squad(s): Gold, Silver and Platinum</i>	
Bo'ness Recreation Centre - 6th and 13th August	
5:00pm – 7:00pm <i>Squad(s): Gold and Silver</i>	(2 lanes)

Summer Schedule – Thursdays

18th, 25th July, 1st August	
Bo'ness Academy:	
6:00pm – 7:00pm <i>Squad(s): Developers, Improvers</i>	7:00pm – 8:45pm <i>Squad(s): Gold, Silver and Bronze</i>
Bo'ness Recreation Centre: 7:00pm – 8:30pm - <i>Platinum & Masters</i> (2 lanes)	

Bo'ness Recreation Centre - 8th and 15th August

6:00pm – 7:00pm

Squad(s): *Developers, Improvers*

7:00pm – 8:45pm

Squad(s): *Bronze, Silver, Gold, Platinum & Masters*

Summer Schedule – Fridays

Bo'ness Academy – 19th, 26th July and 2nd August

5:30pm – 7:30pm

Squad(s): *Gold, Silver, Platinum and Masters*

Bo'ness Recreation Centre - 9th and 16th August

5:30pm – 7:00pm

Squad(s): *Gold and Masters*

(2 lanes)

Summer Schedule – Saturdays

Bo'ness Recreation Centre - 20th, 27th July, 3rd, 10th, 17th August

NB: *There is no land training on these Saturdays*

6:45am – 8:00am

Squad(s): *Bronze, Silver, Gold & Platinum*

8:00am – 9:00am

Squad(s): *Developers & Improvers*

Please note that all arrangements are subject to change.