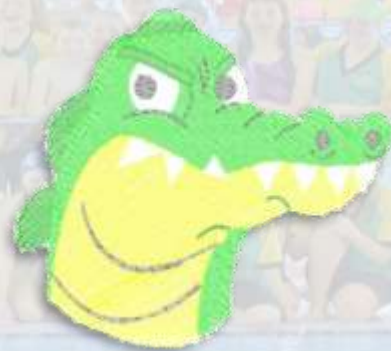


DIVE IN

December 2018 ~ Welcome to the Garstang Gators Swimming Club newsletter. If there's something you'd like to see included, please contact editor@garstangasc.org.uk



Stroke Technique Clinics

Friday 7th December 6-7pm – Breast stroke

Friday 14th December 6-7pm - Front crawl

Annual Club Championship

The Annual Club Championships take place on Saturday 15th December at the Palatine Pool in Blackpool from 1.30-4.30pm.

Offers of help on the day will be greatly appreciated, as will donations for the raffle. If you haven't already done so, please bring any trophies won last year to Garstang pool by Sunday 16th December and give to either Sandra McKean or Clare Williamson.

Please note that Saturday morning training sessions will continue as usual.

Christmas Fun and Games Session

To help raise much needed funds for our Club, we will be holding a Christmas Fun and Games session on Sunday 16th December at the Garstang pool. The cost of the session will be £1 each and swimmers are invited to bring a friend:

4-5pm Wacky Races

5-6pm Aquafit

6-7.30pm Waterpolo

There will also be a Christmas themed cake stall. Come along and have some fun!

UPCOMING EVENTS

FRI 14TH DECEMBER

Final swimming lessons of 2018

SAT 15TH DECEMBER 1.30-4.30PM

Annual Club Championship Gala – Palatine Pool, Blackpool

SUN 16TH DECEMBER 4PM- 7.30PM

Christmas Fun and Games Session, Garstang Pool

MON 17TH DECEMBER

Last training session of 2018

THURS 3RD JANUARY

Training restarts after Christmas break

FRI 11TH JANUARY

Swimming lessons restart

SAT 19TH JANUARY

Presentation evening – Wyrebank, Garstang 6.30pm til late

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Swimming Club Christmas Tree

Instead of giving your swimming friends a card this year, why not put a message on our Christmas Tree for 50p? This will be available on Fridays 7th/14th and Sundays 9th/16th December.

Break up for Christmas

Garstang Swimming Club last training session before Christmas is on Monday 17th December at the 3-1-5 pool, Lancaster. There may be a couple of sessions organised over the festive period for A squad, who will be informed separately.

Sessions restart after Christmas on Thursday 3rd January at the 3-1-5 pool, Lancaster. Training on Friday 4th January 2019 will be 5-7pm at Garstang: C and D squad at 5-6pm and A and B squad at 6-7pm. Back to normal training sessions from Saturday 5th January. Swimming lessons start again on Friday 11th January.

Swimming Lesson Fees

Swimming Lessons fees (£49) will be due on Friday 7th December. Please pay promptly before that date.

Presentation Evening

This social event of the year, where all trophies and medals from the Annual Club Championships are presented to swimmers, is being held on Saturday 19th January 2019 at the Wyrebank in Garstang. The Presentation Evening will start at 6.30pm and tickets are on sale now.

One to One Sessions

Is there a stroke you would like to improve or do you need more help perfecting your starts and turns? If so, then why not book onto a one to one session with one of our coaches, Ian McKean. These sessions are held on a Friday evening at Garstang Pool between 8-9pm. Price £5 for 15 mins of personal tuition. Hurry, as they are getting booked up fast! Contact k.mckean@talk21.com or speak to Sandra at Garstang pool on Fridays and Sundays to get your slot booked.

Season's Greetings

All the Committee, teachers and coaches would like to wish the swimmers and their families a 'Happy Christmas' and to success in 2019.

Please feel free to forward this newsletter to family and friends. Gators can accommodate new members.