

July

2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	1	2	3	4	5
		Ignite 7.00-8.00pm Garstang YMCA Pool	Performance 7.00-8.30pm 315 Health Club Lancaster	Junior and Ignite 6.00-7.00pm. Performance 7.00-8.00pm Garstang YMCA Pool	North West Development Meet Palatine Pool, Blackpool	North West Development Meet Palatine Pool, Blackpool
6	7	8	9	10	11	12
	Foundation 5.00-6.00pm Junior 6.00-7.00pm. Garstang YMCA Pool	Ignite 7.00-8.00pm Garstang YMCA Pool	Performance 7.00-8.30pm 315 Health Club Lancaster	Junior and Ignite 6.00-7.00pm. Performance 7.00-8.00pm Garstang YMCA Pool	Performance and Ignite 8.00 - 9.30am Garstang YMCA Pool	Performance 4.00-5.30pm Foundation, Junior and Ignite 5.30-6.30pm Garstang YMCA Pool
13	14	15	16	17	18	19
	Foundation 5.00-6.00pm Junior 6.00-7.00pm. Garstang YMCA Pool	Ignite 7.00-8.00pm Garstang YMCA Pool	Performance 7.00-8.30pm 315 Health Club Lancaster	Junior and Ignite 6.00-7.00pm. Performance 7.00-8.00pm Garstang YMCA Pool	Performance and Ignite 8.00 - 9.30am Garstang YMCA Pool	All Squads. Make a Splash, Bay Academy, Morecambe 4.30-6.00pm. FUN SWIM FOR ALL
20	21	22	23	24	25	26
	Foundation and Junior 5.00-6.00pm Ignite 6.00-7.00pm. Garstang YMCA Pool		Performance 7.00-8.30pm 315 Health Club Lancaster	Junior and Ignite 6.00-7.00pm. Performance 7.00-8.00pm Garstang YMCA Pool	Performance and Ignite 8.30 - 9.30am Garstang YMCA Pool	Performance 4.00-5.00pm Foundation, Junior and Ignite 5.00-6.00pm Garstang YMCA Pool
27	28	29	30	31	1	2
	Foundation and Junior 5.00-6.00pm Ignite 6.00-7.00pm. Garstang YMCA Pool		Performance 7.00-8.30pm 315 Health Club Lancaster	Junior and Ignite 6.00-7.00pm. Performance 7.00-8.00pm Garstang YMCA Pool		
3	4	5	6	7	8	9

August

2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	1	2
			Performance 7.00-8.30pm 315 Health Club Lancaster	Junior and Ignite 6.00-7.00pm. Performance 7.00-8.00pm Garstang YMCA Pool	Performance and Ignite 8.30 - 9.30am Garstang YMCA Pool	Performance 4.00-5.00pm Foundation, Junior and Ignite 5.00-6.00pm Garstang YMCA Pool
3	4	5	6	7	8	9
	Foundation and Junior 5.00-6.00pm Ignite 6.00-7.00pm. Garstang YMCA Pool		Performance 7.00-8.30pm 315 Health Club Lancaster	Junior and Ignite 6.00-7.00pm. Performance 7.00-8.00pm Garstang YMCA Pool	Performance and Ignite 8.30 - 9.30am Garstang YMCA Pool	Performance 4.00-5.00pm Foundation, Junior and Ignite 5.00-6.00pm Garstang YMCA Pool
10	11	12	13	14	15	16
	Foundation and Junior 5.00-6.00pm Ignite 6.00-7.00pm. Garstang YMCA Pool		Performance 7.00-8.30pm 315 Health Club Lancaster	Junior and Ignite 6.00-7.00pm. Performance 7.00-8.00pm Garstang YMCA Pool	Performance and Ignite 8.30 - 9.30am Garstang YMCA Pool	Performance 4.00-5.00pm Foundation, Junior and Ignite 5.00-6.00pm Garstang YMCA Pool
17	18	19	20	21	22	23
SUMMER BREAK						
24	25	26	27	28	29	30
SUMMER BREAK						
31	1	2	3	4	5	6

September

2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1	2	3	4	5	6
	Foundation 5.00-6.00pm Junior 6.00-7.00pm. Garstang YMCA Pool	Ignite 7.00-8.00pm Garstang YMCA Pool	Performance 7.00-8.30pm 315 Health Club Lancaster	Junior and Ignite 6.00-7.00pm. Performance 7.00-8.00pm Garstang YMCA Pool	Performance and Ignite 8.00 - 9.30am Garstang YMCA Pool	Performance 4.00-5.30pm Foundation, Junior and Ignite 5.30-6.30pm Garstang YMCA Pool
7	8	9	10	11	12	13
	Foundation 5.00-6.00pm Junior 6.00-7.00pm. Garstang YMCA Pool	Ignite 7.00-8.00pm Garstang YMCA Pool	Performance 7.00-8.30pm 315 Health Club Lancaster	Junior and Ignite 6.00-7.00pm. Performance 7.00-8.00pm Garstang YMCA Pool	Performance and Ignite 8.00 - 9.30am Garstang YMCA Pool	Performance 4.00-5.30pm Foundation, Junior and Ignite 5.30-6.30pm Garstang YMCA Pool
14	15	16	17	18	19	20
	Foundation 5.00-6.00pm Junior 6.00-7.00pm. Garstang YMCA Pool	Ignite 7.00-8.00pm Garstang YMCA Pool	Performance 7.00-8.30pm 315 Health Club Lancaster	Junior and Ignite 6.00-7.00pm. Performance 7.00-8.00pm Garstang YMCA Pool	Performance and Ignite 8.00 - 9.30am Garstang YMCA Pool	Gators Club Gala. Palatine Pool, Blackpool 11.45am- 3pm
21	22	23	24	25	26	27
	Foundation 5.00-6.00pm Junior 6.00-7.00pm. Garstang YMCA Pool	Ignite 7.00-8.00pm Garstang YMCA Pool	Performance 7.00-8.30pm 315 Health Club Lancaster	Junior and Ignite 6.00-7.00pm. Performance 7.00-8.00pm Garstang YMCA Pool	North Lancs Age Groups Palatine Pool, Blackpool	North Lancs Age Groups Palatine Pool, Blackpool
28	29	30	1	2	3	4
	Foundation 5.00-6.00pm Junior 6.00-7.00pm. Garstang YMCA Pool	Ignite 7.00-8.00pm Garstang YMCA Pool				
5	6	7	8	9	10	11