



# Boldmere

S W I M M I N G C L U B

## Long course sessions

### Loughborough University Pool

The following long course sessions will be available at:  
Loughborough University Pool (Epinal Way, Loughborough LE11 3TU)

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#### Performance Bronze

Sunday 22nd September	14:30 to 16:00
Sunday 20th October	16:15 to 18:00
Sunday 19th January	14:30 to 16:00

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#### Performance Silver

Sunday 5th January	14:30 to 16:00
Sunday 12th January	14:30 to 16:00
Sunday 26th April	14:30 to 16:00 **

\*\* swimmers from any squad who achieve Regional Qualifying Times (Midland Times) will also be invited to join this session at a cost of £15-00

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#### Performance Gold

Sunday 2nd February	14:30 to 16:00 **
Sunday 24th May	14:30 to 16:00 **
Sunday 7th June	14:30 to 16:00
Sunday 12th July	14:30 to 16:00
Sunday 19th July	14:30 to 16:00

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#### Masters, Competitive Gold

This session is open to any swimmers in Masters & Competitive Gold squads who wish to experience swimming in a 50m pool (Long Course Training). The cost for this session will be £15-00

Sunday 2nd February	14:30 to 16:00
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#### Competitive Silver, Competitive Bronze

This session is open to any swimmers in Competitive Silver & Competitive Bronze squads who wish to experience swimming in a 50m pool (Long Course Training). The cost for this session will be £15-00

Sunday 12th January	14:30 to 16:00
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