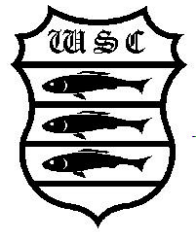


Worthing Swimming Club



Hello and welcome to Worthing Swimming Club

The purpose of this letter is to give you background information about the Club and describe the activities available, their locations, session times and costs. It will let you know what to expect and what we expect in return.

Firstly expect a lot of people! We are an old club, founded 1890, and a large one having in excess of 600 members of all ages. The club is predominantly a training club and accepts members from the virtually non-swimmer through to competitive ability.

We operate on a voluntary basis so your committee members, coaches and general helpers are mostly unpaid. Please remember that and if you can spare time whether to learn how to teach swimming or just to help make the Club run please, please volunteer your services, many hands make for an easy operation.

When you first approach the Club as a potential member you will find a lot of children queuing to pay their session fee at a table placed at the top of the stairs to the Changing Rooms. On your first visit you will be given a swimming ability 'test' by a qualified coach. This is to evaluate your stroke ability and determine whether they are correct. Depending on your performance you will either be assigned to a class or, if unavoidable, placed on a waiting list until a suitable class vacancy becomes available.

You will be given a Membership card when you join the Club. This should be brought along to each Club session. There is no compulsion for you to attend every one of your assigned classes although performance and stamina strongly reflects the diligent swimmer. As you improve you will be moved through the classes until, hopefully, you will make it to the Gala squad. The Club takes part in several swimming competitions as well as holding its own time trials and Championships. Individuals can also enter Open Galas and qualify for County, District and national Galas by virtue of their performance.

In addition to swimming the Club operates very successful Water Polo and Diving sections ever looking for new talent. So if you fancy trying these activities please enquire.

Please note parents must not leave young children at the club unaccompanied. If you are leaving the pool whilst your child is swimming please inform the WSC pay desk.

Parents are not allowed poolside. If you wish to talk to a coach please ask at the WSC pay desk.

Photography is only permitted if registered. Please ask at the WSC pay desk.

What you can expect from us

- Learn to swim in a safe & friendly environment & make new friends
- A qualified coach for each class/classes
- Stroke tuition, stamina and speed training including diving start proficiency and turns
- Trained lifeguards. Most coaches and several other parents are qualified
- Encouragement to improve your fitness, performance and enter competition (not compulsory)
- Provide a shop selling swim equipment in Club colours

What we expect from you

- To follow the pool guidelines for safe and correct behaviour and report misbehaviour/bullying
- To listen and obey your coaches, pool officials and other WSC committee members
- To wear appropriate swim-ware eg a proper costume (not shorts), goggles and hat (preferably in Club colours). You will be given a Gala Squad hat when you make the team
- A good team spirit
- To enjoy swimming!

Current Costs

Full year membership:

£25.00 payable in November. (Membership does reduce as the year progresses). There is however a penalty for lapsed membership.

ASA membership becomes payable when you take part in competitions. The rate is age dependent.

Session fees: are water time dependent

20 minutes £1.00, 30 minutes £1.50, 60 minutes £2.00, 90 minutes £3.00 (the latter charge also includes Water Polo and/or Diving. When you pay for a session you will be given a coloured band to hand to your coach as evidence of paying.

Sessions

Note: Some sessions are provisional and in review as the National Teaching Plan is introduced - watch the noticeboard and website for details

Aquarena

Tuesday (19.00-22.00), Thursday (19.00-22.00), Wednesday (21.00-22.00) and Saturday (07.30-09.00).

These sessions comprise the following activities:

On Tuesdays/Thursdays Early sessions

- Learner Pool 19.00-20.00 2x30 minute swimming in the improver training pool - Level 3
- Learner Pool 20.00-21.00 2x30 minute swimming in the improver training pool - Level 4
- Main Pool - Width swimming Levels 5-8 (19.00-19.30); Levels 9-12 (19.30-20.00)
- Water Polo 1 hour (Boys on Tuesday, Girls on Thursday)
- Diving 2x30 minute novice classes and 1x60 minute advanced class

On Tuesdays/Thursdays 20.00-21.30

- Lengths swimming classes in 6 lanes in 30, 60 and 90 minute classes

On Tuesdays/Thursdays 21.00-22.00

- Masters and senior swimmers. Adult Learn to Swim classes

On Tuesdays/Thursdays 21.30-22.00

- Water Polo

On Wednesdays 21.00-22.00

- Water Polo - seniors

On Saturdays 07.30-09.00

- Diving
- Non swimmers and improvers in the Learner Pool (Levels 1 & 2)
- All other levels of swimmers in the main pool

Lancing College (by invitation)

Mondays 19.30-21.00

- 60 (£2.00/£2.50) & 90 (£2.50/£3.00) minutes swimming sessions

Wadurs (by invitation)

Sundays 18.00-20.00

- 60 (£2.00) & 120 (£3.00) minutes swimming sessions