



## Teaching Swimmers Training Winners

*Has your child outgrown their current lessons?*

*Does your child wish to learn to swim fast?*

*Would your child like to take part in swimming competitions?*

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If **YES**, to all or any of the above, then Poole Swimming Club is for you. Call our Recruitment Officer,  
**Sheila Potter 01202 761110.**

We have a wide range of groups from basic Teaching to full competitive training squads.

### **How young do you teach swimmers?**

Children who can already swim confidently on their front and back and are 6 years old.

We take older swimmers of course. (We even take adults and competitive swimmers, into our Masters swim sessions!!)

### **How is the club organised?**

We divide the swimmers into groups according to ability starting with the youngest who will be in our STAR GROUPS. The teaching follows the ASA National Plan for the Teaching of Swimming (NPTS).

More able swimmers move into our Competitive Squads. Squad swims take place six days a week including early mornings and are organised by the Club Coach.

These swimmers have the opportunity to swim in Galas and with hard work move up the swimming ladder. With the 2012 Olympics in London, there is still a chance for a Poole Swimmer to make the grade!

### **What days are the lessons?**

Poole Swimming Club has water time every day of the week, at both Rossmore Leisure Centre and the Dolphin Pool.

The main teaching groups swim on Wednesday's at Rossmore, 4.30pm through to 6.00pm.

The competitive squads have early morning training at both the Dolphin and Rossmore.

### **How do I join?**

Please call our Recruitment Officer,  
**Sheila Potter on 01202 761110.**

Mrs Potter will take your details and arrange for a swimming assessment. ~~This will be on a Wednesday, at 5 pm, usually the last Wednesday in the month.~~ When this is complete and you have been allocated an appropriate group, swimming can commence the next week, the start of the month.

### **How much will it cost?**

It is a members club, so all have to pay the annual membership of £25.00. We also have to send an annual fee of £4.75 to the Amateur Swimming Association (ASA).

On top of this, there is a fee for your swimming. This is variable according to the length of your swim lesson starting from £13.00 per month, paid quarterly or monthly by Standing Order. You will be informed of the cost at your assessment.

### **What do I do now?**

Call **Sheila Potter on 01202 761110** and book your assessment!

We look forward to welcoming you to our club.

Email contact, [gail@brackenhill.demon.co.uk](mailto:gail@brackenhill.demon.co.uk)

For further information on many aspects of Poole Swimming Club look at our website

[www.pooleswimmingclub.org.uk](http://www.pooleswimmingclub.org.uk)