

HAZEL GROVE AND BRAMHALL ASC SWIMMERS' HANDBOOK – LEARN TO SWIM PROGRAMME

Our 'learn to swim' programme is delivered in the small pool by a number of experienced and qualified swimming teachers, assisted by poolside helpers. Our programme is based on the National Teaching Plan for Swimming. It is designed to teach youngsters the basic techniques of swimming and is the first level of Saracens Swimming Club.

In 2005 the Club achieved Swim Mark (formerly swim21) accreditation which demonstrates quality in all aspects of the club's development and recognises that we are a safe, effective and child-friendly club. This confirms the reputation that Saracens has always had in providing a great environment in which children can learn to swim and progress to a competitive standard. Saracens are the only local swimming club to achieve this accreditation.

Once swimmers have progressed through all seven stages of the Learn to Swim programme, they are required to attend the Transition Group for an indeterminate period of time prior to transferring to the main pool.

Progression through the groups

Decisions are based on criteria for each of the stages of the programme, technical proficiency, behaviour and attendance. For this reason, age or time spent in a particular group does not influence when a swimmer is moved. The head coach does have the final say.

Training Venues

Saracens currently hires water time at two pools: Hazel Grove Pool for our lessons and main club, and Stockport Grammar Swimming Pool for our masters (18+) sessions. There are training sessions on Wednesday, Thursday, Saturday, Sunday. For details of the training times please refer to the club's website www.saracens-asc.co.uk

Fees and Other Payments

The membership structure in the small pool operates on a termly basis (3 x 15 weeks). Fees are reviewed and set at the Annual General Meeting and are published on the renewal form which will be sent to parents approximately 2 weeks prior to renewal. It is important that renewals are paid as soon as they become due as your child is not covered by the club's insurance if fees have not been paid. Failure to renew by the deadline set will result in the membership being lapsed and your child's

place being offered to the next person on our waiting list. We have a huge demand for places at the club and many people on our reserve list at all levels.

Parental Involvement and Responsibilities

Dropping Off and Picking Up: All swimmers are the sole responsibility of their parents/guardian outside of the water. Parents must escort their children into the pool area and collect their children from the pool area promptly at the end of each lesson. Parents are required to stay on site throughout their children's lessons and observe the lessons from the pool area or spectator gallery so that they are within the teacher's sight and therefore readily available in case of emergency.

Observing Swimming Lessons: Lessons can be observed from the spectator gallery over the main pool. For health and safety reasons we cannot permit parents on poolside.

Parents are asked not to interfere with a training session and should you wish to discuss any of your child's training this should be done either before or after the training session (depending on the teacher's availability) or by prior arrangement. Alternatively, you can send an email to info@saracens-asc.co.uk.

Belongings: All swimmers belongings are their own responsibility; parents should ensure that bags and any swimming kit and aids are named using a permanent marker. It is advisable not to bring any valuables to training and always use a locker (£1 coin is required). Personal belongings should never be left in the cubicles as this prevents others from using them.

How Can You Help: You are probably not aware, but all our coaches, teachers, poolside helpers and committee members are volunteers? We welcome any parents who may be able to spare some time to help with the running of the club. This can be in any way from setting up the lane ropes at a training session, taking the register, tidying the store cupboard, selling programme/raffle tickets at galas or joining the committee. If you think you may be able to help us, please see a member of the committee or your child's teacher.