

## **\*\*ADULT SWIMMING\*\***

As well as lane swimming on Tuesdays 5-6pm, adults can enjoy **adult only** swimming sessions on Wednesdays & Thursdays, 7.30 – 8.30pm.\* This will start as a trial and depend on the club being able to provide enough volunteer cover and demand for the sessions. (\*If no-one arrives within first 15 mins of the session - by 7.45pm - the pool will be closed.)



**\*\*HELP NEEDED!\*\***



The pool is run by volunteers - new helpers are always welcome! If you'd like to become a Pool Rescuer, First Aider, supervisor, water tester, 'putter up' of posters, tea-maker, please get in touch – we'd love to hear from you!

Email: [enquiries@overtonswim.org.uk](mailto:enquiries@overtonswim.org.uk)



**\*\*KEEP IN TOUCH!\*\***

Email: [enquiries@overtonswim.org.uk](mailto:enquiries@overtonswim.org.uk)

Facebook: Lordsfield Swimming Club

Twitter: @LordsfieldSwim1

Website: [www.overtonswim.org.uk](http://www.overtonswim.org.uk)

## **Lordsfield Swimming Club @ Overton Pool, 2019**



**Open to young people (0-Year 11) who live in or are at nursery/playschool/pre-school/school in Overton & adults resident in the Parish**

**\*Swimming Fees\***

**Club membership: £2.50**

**\*Everyone pool-side must become a member, inc.adults\***

Under 8s season ticket: £17.50 (+£2.50)

8 yrs – Year 11 season ticket: £27.50 (+£2.50)

Adults (Y11+) season ticket: £27.50 (+£2.50)

PAYG/cost per swim: Y11 & under = £3.00 Adults (Y11+) = £3.50

Visitors (with a club member) = £3.50 (must join club too)

**\*Opening times for swimmers up to & inc. Year 11\***

**Term time:** Mon, Tues & Fri, 6-8pm, Wed & Thurs 6-7.30pm,  
& Saturday, 2-4.30pm

**Holidays:** Pool opens as above with an extra 2-4pm session  
Monday - Friday

**\*\*Season starts at 2pm on Saturday 25 May 2019\*\***

## **\*\*SWIMMING CHALLENGES\*\***

Would you like to improve your child's swimming this summer? For just **£25**, your child can attend weekly 15 half-hour swimming sessions on Saturday mornings with our swimming teachers, culminating with a swimming challenge at the beginning of September! Training for the Challenges will begin in early **June** & will be held weekly on Saturdays as listed below:

Challenge	Description
Challenge 1 (10am)	For children who can swim 1 width unaided
Challenge 2 (10.30am)	Swim 2 x 1/2 lengths in clothing, surface dive to collect sinkable object, swim 10 lengths
Bronze (11am)	Swim into surface dive & swim underwater, tread water for 3 mins, sculling, swim 18 lengths without stopping
Silver (11.30am)	Swim 5 lengths in 3 mins or less, tread water for 2 mins, swim into surface dives to collect sinkable object, sculling, swim 36 lengths
Gold (12.15pm)	Swim 5 lengths in 2.5 mins or less, tread water for 3 mins, sculling, perform a forward somersault whilst swimming 1 length, swim 36 lengths in 20 mins or less
Honours (1pm)	Swim into surface dive to retrieve sinkable object, scull before performing a somersault, swim into surface dive before continuing to swim underwater, swim 42 lengths in 20 mins or less with surface dives incorporated

**Dates TBC - Please just turn up on the first day!**

## **\*\*TIDDLER SESSIONS (3+ years)\***



All kids under 8 must be accompanied & everyone must be a member!

Come & join us at 4pm on Monday afternoons during the summer holidays (dates TBC) for 5 x ½ hour swimming lessons.

These **fun** lessons are aimed at providing water skills & awareness for children (**aged 3+**) who are **unable to swim one width unaided**.

Spaces are limited to six so first come, first served!

**Cost: only £12.50 for all 5 sessions!**

## **\*\*LANE SWIMMING\*\***



Lane swimming (for adults & stronger youngsters) will be on Tuesdays throughout the season, 5-6pm

Normal rates apply:

Free to season tickets holders

£3.00 per swim for Y11 & under, £3.50 for Y11+/adults

Visitors (with a club member) - £3.50 (must join too)

(All swimmers must also be club members: £2.50)