

****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*

(*If no-one arrives within first 15 mins, 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, put up posters, make tea, please get in touch – we'd love to hear from you!

Email: enquiries@overtonswim.org.uk



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

Email: enquiries@overtonswim.org.uk

Facebook: Lordsfield Swimming Club

Twitter: @LordsfieldSwim1

Website: www.overtonswim.org.uk

Lordsfield Swimming Club @ Overton Primary School Pool, 2017



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

Swimming Fees

Club membership: £2.50

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

Under 8s season permit: £13.00

Over 8s season permit: £20.50

Adults: £22.50

Opening times for youngsters

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 27 May 2017****

****SWIMMING CHALLENGES****

Would you like to improve your child's swimming this summer? For just **£25**, your child can attend 15 half-hour swimming sessions on Saturday mornings 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 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 so first come, first served.

Cost: only £10 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

£1.50 per swim for under 18s, £3.50 for adults
(All swimmers must also be club members - £2.50)