

**VERULAM A.S.C.**  
**(Affiliated to ASA East Region)**  
**New Member Handbook**  
**Learn to Swim School**

VASC 20a

March 2010

## **Welcome!**

We hope this information gives you a better idea of what to expect from being a member of our Club.

Verulam Amateur Swimming Club (ASC) is a Swim21 accredited club with about 170 members. Founded in 1980, and originally based at Bricket Wood Sports Centre, we run training sessions and swimming lessons from Westminster Lodge and Marlborough School pools. We offer learn-to-swim lessons and competitive training for age groups and masters swimmers. We pride ourselves in being a competitive, but friendly club, which aims to give every swimmer the opportunity to take part at their own level.

We have a strong team of qualified coaches and teachers who are dedicated to get the very best from our swimmers. The management and administration of Verulam Swimming Club is carried out entirely by volunteers who freely give many hours of their time to help our members enjoy and improve swimming.

### **So, you would like your child to learn to swim?**

Verulam Swimming Club runs a Learn-to-Swim Programme using the ASA National Plan for Teaching. Half hour lessons run between 4.30pm and 6.30pm at Westminster Lodge pool on Sundays throughout the year. Children can join at any time after their fifth birthday. The first lesson is free, and after a brief assessment, swimmers begin at an appropriate level. To encourage and support children, we offer the Kellogg's ASA Awards Scheme of badges and certificates. As children progress, they can move on to the later classes and eventually on to the main club, where there is the opportunity to train for competitive swimming up to 5 times a week.

Our teachers, Faith Nicholson and Val Chapman have taught hundreds of children to swim; many are still swimming and competing with the club. Faith and Val like getting wet too! They teach in the water with lots of help from qualified swimmers from the Club, so new and less confident swimmers get the attention they need.

Some of you will have learnt to swim quite a few years ago. Perhaps you taught yourself to swim. To understand better how your children will be taught, these are a few of the activities you will see:

- We play games and do movements in the water. This enables children to find out what the body can do in the water and increases confidence.
- Support will be given by teachers in the water. This enables individual progress to be maintained by word and physical manipulation.



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- A float is used to make the child buoyant and to enable the correct leg activity. Until the legs have enough power, the rest of the stroke is very difficult. The use of the float continues up to Olympic standard!

You may think that we are very fussy asking for correct strokes. But, performing the strokes properly means faster, more efficient swimming and less chance of damage to the body. Finally, you may get frustrated by your child, but please let us deal with any situation in the water; we want your child to swim as much as you.

### **How Much Do Lessons Cost?**

**Swimming fees** - £90 for 6 months. Fees are payable 6 months in advance in February and August each year. Depending on when you join will dictate your pro-rata rate. This fee covers weekly swimming lessons, and for swimmers who are ready to begin competing, entry to our Club Championships. Please note that membership fees are not refundable. The only exception to this is when you first join, we allow a three week grace period when you can decide to continue or not. If you decide not to join, we will only keep the joining fee. So that swimmers are covered by the Club's insurance, we ask that fees are paid by the due date.

**ASA fee** - £12.90 for 1 year. All our swimmers need to be registered with, and pay a fee to the ASA (amateur swimming association). This is the governing body for swimming and provides, among other things, our insurance cover. This is renewed annually with the swimming fees in February.

**Joining fee:** We have a one-off £10 joining fee.

### **Parents**

Parents, including those with younger children are very welcome and positively encouraged to come and watch the lessons. However, it is essential that you do not wear outdoor shoes on the poolside. You should wear poolside shoes, covers or bare feet. Please note that **NO FOOD** is allowed on poolside and mobile phones are not to be used. Please do not drop off swimmers at the pool without first checking that a teacher is there and the lessons are on. If you are interested in helping in the Club, please introduce yourself to us.

### **Safety**

The Club recognises that safety is of paramount importance and does all it can to ensure the safety of swimmers, both in and out of the water. Obedience in the water is essential. The following rules must, however, be followed:

- Swimmers should never dive into the pool unless instructed to do so, as this can be dangerous.
- Swimmers should never run on poolside or other wet areas such as the changing rooms.
- Pushing other swimmers into the pool is forbidden.
- Swimmers must obey at all times the instructions of teachers or pool staff in respect of all safety measures.
- Any swimmer who sees another in difficulty should report it immediately to a teacher



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or lifeguard.

**Discipline**

Swimmers are expected to respect their teachers and other swimmers, both in and out of the pool, and abide by the safety rules. We ask that swimmers follow the Club's Code of Conduct on our website under "useful information". In particular:

- ˘ Swimmers should arrive ready to swim 5 minutes before lessons start.
- ˘ Swimmers should give their name to the adult (usually Lynne Nicholson) taking the register.
- ˘ Swimmers should listen carefully to your teacher.

**Social Activities**

The Club organises a number of social events during the year and hopes that as many families as possible will participate. Events are publicised on the notice board at Westminster Lodge, on the website and circulated by e-mail.

**Club AGM**

This is usually held in March. All parents and older swimmers are encouraged to attend to learn more about Verulam Swimming Club.

***Remember, SWIMMING IS FUN!***

***We hope that you'll enjoy being a member of VERULAM.***

***The more you put in, the more you get out!***

**Useful contact names and numbers: -**

**Learn-to-swim Head Teacher: Faith Nicholson 01727 855302**