

Heanor Swimming & Lifesaving Club

New Members Information Sheet

What days and times are the lessons?

Monday or Friday from 7.00pm-7.30pm dependent on swim level.

Does my child need to wear a cap?

Yes, it is a club rule that swim caps must be worn. If you wish to purchase a club cap, these are available from the coaching staff poolside. Orders for caps with a child's name are placed periodically, look for a Facebook post on when the next order will be placed.

What if my child can't make a lesson?

It's not a problem if your child can't make a lesson, you don't need to let us know. However, if your child is going to be absent for an extended period (longer than a normal holiday), then please do let us know so we can hold your child's place for you.

My child can only attend once a week, is this ok?

Yes, it's fine if your child can only make one lesson a week, but please understand that your child's progress could be slower than other children in the same lane who attend twice a week. If this is going to be a regular occurrence, please could you let your child's teacher know so this can be marked in the register.

Do I have to stay poolside whilst my child has their lesson?

If your child is 11 or under, you are expected to remain poolside during the duration of their lesson.

How does my child progress within the Club?

Swimmers are continually assessed in their class and marked against set criteria for the swim level they are taking. On completion of each level, the child will be given a paper slip enabling you to purchase the corresponding badge and certificate. Children will be automatically moved up to the next level and will not have to wait for a space.

How can I order Club kit?

Club kit can be purchased direct with the Club's supplier via the following link:

<http://heanorswimmingclub.co.uk/club-shop.html>

How do I keep up to date with what's happening at the Club?

The Club has a private closed Facebook group, which we encourage all parents to join as this is the main source of Club information and is regularly updated. It is important for you to have Facebook notifications enabled, to ensure you receive our latest updates. The group can be found on the following link. You will be asked questions about your child's place in the club to help us validate your request to join the group.

<https://www.facebook.com/groups/246401378904433>

Does the Club run in the school holidays?

As a rule the Club is closed during half term holidays, Easter and Christmas. During the summer holidays the Club operates a reduced timetable, details of which are published on our Facebook page.

How do I enter my child into competitions?

Children can compete once they hold their 25m distance badge. Competitions are announced via the Club's Facebook page and all entries are submitted online. Competitions are age-grouped and therefore not always open to all our swimmers.

Who do I notify if any of my personal details change?

Please email the Membership Secretary via membership@heanorswimmingclub.co.uk to inform us of any updates to phone numbers, addresses etc. It is imperative that we hold your latest contact details at all times.

Who do I direct any questions to?

This will depend on the nature of your question. If your question relates to:

- **Your child's progression** - please speak to their swim teacher.
- **General Club questions** - In the first instance, these can be directed to our parent representatives who can be identified by the yellow lanyards they are wearing. Alternatively you can speak to an available member of the coaching staff.
- **Membership questions** - Speak to the Membership Secretary or contact them via membership@heanorswimmingclub.co.uk