



## ENQUIRY FORM

Please Complete the Below

Swimmers Name		
Dob / Age		
Previous Swimming Club / Learn to swim School		
Stage / Level Completed		
100/200m 1m Time		
Swim England Number		
Medical Information		
We are a competitive swimming club ran by volunteers, Below is our two separate pathways after our learn to swim programme.		
Learn to Swim – This is on a Sunday at either 2.30pm or 3pm and your class is 30 minutes long we run swim England stages 1-4.		
Pre Club – This is the final stage of learning to swim. You will get two sessions a week. Sunday 2.30pm for 30 minutes and Wednesday 7-8pm		
After Pre Club you will get the option of swimming at club or squad depending on what you would like out of swimming.		
Club – Non competitive training, casual swimming sessions coached by experienced coaches with no pressure to compete. Sessions Sunday 2.30-3.30pm and Wednesday 7-8pm		
D Squad – Our first Squad in our competitive stage. Offered 3 1 hour sessions a week. Monday 6.15-7.15pm, Thursday 6.30-7.30pm and Sunday 3.30-4.30pm.		
C Squad – Second stage in competitive swimming, With swimmings looking to compete at open competitions and gain District qualifications, 4 1 hour sessions a week. Monday 5.15-6.15pm, Wednesday 5.15-6.15pm, Thursday 6.30-7.30pm and Sunday 3.30-4.30pm		
B Squad – Third Stage in our squad structure. Swimmers are looking to now gain county qualification times. Swimmers training hours are now extended to 2 hours. Monday 5.15-7.15pm, Wednesday 5.15-6.45pm, Thursday 6.30-7.30pm and Sunday 3.30-4.30pm		
A Squad Transition – Fourth Stage in our squad structure. Swimmers aiming for regional qualification. There training hours upped with a land session added. Monday 5.15-7.15pm, Wednesday 5.15-6.45, Thursday 6.30-7.30pm, Saturday 6-8am and Sunday 3.30-4.30pm Land training Saturday 8.15-9.15am.		
A Squad – Our Highest Squad level – Swimmers train 6 days a week with a land training session. Aiming for Medals at regionals and national qualification. Monday 5.15-7.15pm. Tuesday 5.15-7.15pm Wednesday 5.15-6.45pm Thursday 5.15-7.15pm, Friday 5.45-7.45pm Saturday 6-8am with landtraining 8.15-9.15am.		
Type Of swimming you are interested in. Please Tick		
Lessons Only		
Lesson leading into Casual Training		
Lessons leading into Competitive Swimming		
Casual Swimming		
Competitive Swimming		
Contact Email		
Please Note, we trial all swimmers, some might be assessed into a lower stage than at a previous school depending on what we consider for that stage.		