



Junior Club Information

Coventry Junior Club Group: A year round swim fitness program for anyone aged 10-17yrs

Training facility: Access to 50m long course (Coventry Sports Centre) & three school facilities (Bablake, Caludon Castle & Lyng Hall School).

Training emphasis: Aerobic conditioning and technique improvement for swimmers with a broad range of skills that do not wish to be in the competitive side of the sport but enjoy swimming with a purpose and goal. If you have any swimming experience but do not wish to race then this program has a spot for you. It is a good group if you would like to compete further down the line as it will give you the skills needed for racing if you so wish.

Sessions:

Three coached training sessions are offered throughout the week as follows:

Younger group (10-14yrs)			Older Group (15-17yrs)		
Monday:	6.45-7.45pm	Caludon Castle	Monday:	7.45-8.45pm	Caludon Castle
Tuesday:	7.00-8.00pm	Lyng Hall School	Tuesday:	8.30-9.30pm	Cov Sports Centre
Wednesday:	6.00-7.00pm	Bablake	Wednesday:	6.00-7.00pm	Bablake

The sessions will be focusing mainly on technique, start, turns, finishes and stroke/stamina development.

Coaching staff: Coventry's Junior Club is coached by various coaches who are qualified Swim England Level 2 Coaches and have been DBS checked.

Cost: There is a two tiered system for this group depending on the number of sessions that are attended. If you wish to attend once a week then the cost is £21.00 per month, if you wish to do 2 or 3 sessions per week then the cost is £35.00 per month. Payment of monthly fees are by Direct Debit only and the payment date is the 1st of each month. You can create your direct debit by using the following link below. You can also email the treasurer directly at treasurer@coventry-swimming.org.uk and request them to email you a link to setting up the direct debit

LINK FOR DIRECT DEBIT : <https://pay.gocardless.com/AL0001ZH7Y2W69>

The monthly fee has been calculated by dividing the annual fee of the group by 12 months after bank holidays and known pool closures have been taken into account.

All Junior Club Members are required to join the Club (for insurance purposes) at an annual fee of £38.00 plus a fee payable to Swim England (Governing Body) of £17.70, therefore total of £55.70. Membership forms will be supplied to you at your first session. The Club membership fees are reduced as we go through the year.

Competition: Not a requirement of this group but there may be internal club galas that you may wish to compete in. If interested please speak to the coach.

If you are interested and want more information please feel free to contact Jo Deakins (Club Programme Manager) joanne.deakins@coventry-swimming.org.uk or Adam Ruckwood (Head Coach) adam.ruckwood@coventry-swimming.org.uk or visit our website www.coventry-swimming.org.uk

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