



Coventry Sports Centre, Fairfax Street, Coventry, CV1 5RY

Tel: 024 7625 2579 Mobile: 07815 835526

Email: [joanne.deakins@coventry-swimming.org.uk](mailto:joanne.deakins@coventry-swimming.org.uk)

### **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)**

Monday:	6.45-7.45pm	Caludon Castle
Tuesday:	7.30-8.30pm	Lyng Hall School
Wednesday:	7.00-8.00pm	Lyng Hall School

#### **Older Group (15-17yrs)**

Monday:	7.45-8.45pm	Caludon Castle
Tuesday:	8.30-9.45pm	Cov Sports Centre
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 ASA 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 £19.50 per month, if you wish to do 2 or 3 sessions per week then the cost is £31.00 per month. Both rates are paid by standing order. Fees are due on the 10th of each month and are collected all year round. 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 the ASA (Governing Body) of £17.10, therefore total of £55.10. Membership & ASA 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](mailto:joanne.deakins@coventry-swimming.org.uk) or Adam Ruckwood (Beacon Head Coach) [adam.ruckwood@coventry-swimming.org.uk](mailto:adam.ruckwood@coventry-swimming.org.uk) or visit our website [www.coventry-swimming.org.uk](http://www.coventry-swimming.org.uk)

Updated 11/01/2018

