



Welcome to

Bristol Penguin Olympic Swimming Club

Based at Easton Swimming Pool, Bristol Penguin Olympic Swimming club as you can see from the emblem, has been in existence for some 35 years, and has taught hundreds of children to swim, and progress onwards, to train and compete at high levels of competition. We currently have approximately 180 members, with a full squad of competing swimmers, and are constantly recruiting new children from the age of 5 upwards

The club is a competitive club, which means once we teach the children to swim, we then go on to perfect their technique and train them to a high level of fitness and compete against other clubs and swimmers, this can be from the age of 8 upwards and it is an honour to be selected for the team.

Towards the end of the year we have our own championships where all our swimmers can compete against each other and receive cups and medals at a presentation evening. We record all the times for their races and use these for team selection

We currently train at Easton on Thursdays and Fridays for beginners plus Tuesdays introductory lengths for the top group (group 5)

Our intermediate and advanced squad can train on Sundays, Tuesdays, Thursdays and Fridays

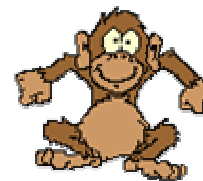
Don't worry, we will inform you of which group your child should be in. We are very keen to move them up through the levels as quickly as possible, but please don't move them yourself as the children have to achieve certain criteria before being moved, and are constantly being assessed, by the teachers and team managers.

Every one you see on the pool side are volunteers, no one is paid, they are all either parents, parents whose children left the club many years ago or swimmers, all are dedicated and help run the club as well as they can and turn up rain or shine. We welcome active suggestions to improve your club, but please remember we are volunteers who give up many nights every week, so criticism is easy but not much help.

We have many jobs which require filling, to help run the club smoothly and have an active management team to make any decisions required, you would be welcome to join this team at any time. We are always looking for teachers or lifeguards, and run regular training courses, or if you want to help in even a small way, again please ask. Without volunteers the club would not exist, so it's no good just relying on someone else to do it.

The fees we collect keep the club running. We would love to charge nothing, but unfortunately we have to pay for swimming pool hire, lifeguard and teacher training, equipment and competition entries, and many more running costs. The Amateur Swimming Association requires every swimmer and helper to be registered, some £2200 per annum. This year's pool hire from the city council will cost us in excess of £25,000

It's not all about training, we also run many social events throughout the year and welcome everyone, and are always keen for new ideas, especially if you help run them !



We also have our own swimming club kit, costumes, bags, goggles, caps, tee-shirts and much more. We do like to see the children in the club colours, the costumes are also excellent quality and very reasonably priced, Ask for Sarah Fleming, our kit sales rep, or you can order online,

www.bristolpenguins.co.uk

So now you have the basics here are some short notes and pieces of information.

Our notice board is in the spectator area of Easton pool, it is regularly updated so look often for new information.

Urgent or forthcoming events are put on our electronic display in the Foyer



We also have regular news letters.

Our excellent website is

www.bristolpenguins.co.uk

If you would like your own email address

"name"@bristolpenguins.co.uk contact

neal.buffery@bristolpenguins.co.uk

and we will welcome any interesting ideas for all of the above.

Here are some quick does and don'ts for mum's and dads

- Do please arrive early for the sessions, we have limited time in the water so don't want to waste it.
- Please help us to get the equipment out at the start and end of the sessions.
- If you are not helping, you are not allowed on the pool side until we have a lifeguard on duty
- Make sure the younger children have properly adjusted goggles, try them in the bath at home so they don't leak, they need to be fairly tight.
- Jewellery is not allowed in the pool, please remove it all, it is dangerous when swimming

- Don't speak to the teachers during teaching, they will be pleased to talk to you when they have finished.
- We expect a high level of discipline and have a club policy and disciplinary group.
- We expect all children to swim in at least one race at the club championships

For the swimmers

- Train hard and listen to your teacher
- Don't be rude to the teachers or other swimmers,
- Report anyone who you think is causing trouble or giving the club a bad name.
- The more you train the more you will improve !

Membership fees 2006/7

Fees are on an annual basis paid in 12 equal instalments by direct debit and include entry to the pool all £23.50 per month

Width Swimmers / learners 2 sessions per week
Plus Tuesday Introductory lengths for group 5

Intermediate and Advanced squad swimmers
Sunday, Tuesday, Thursday and Friday

Times at Easton, all PM

Sundays 6.00 to 7.00 Lengths Intermediate
7.00 to 9.00 Lengths Main Squad

Tuesday 7.00 to 8.00 Beginner group 5 and Intermediate lengths
8.00 to 10.00 Lengths Main Squad

Thursday 7.00 to 7.40 Widths
7.40 to 8.30 Lengths Intermediate
8.30 to 10.00 Lengths Main Squad

Fridays 7.30 to 8.10 Widths
8.10 to 8.45 Lengths Intermediate
8.45 to 10.00 Lengths Main Squad

Come along for a free trial on Thursdays to see if you would like to become a member,

Children non or width swimmers 7.00 pm
Children length swimmers 7.40pm

or Fridays
Children non or width swimmers 7.30 pm
Children length swimmers 8.10pm

For more information call

Sue Firks 01179 511317
Kay Arkininstall 01179 477697

Or visit www.bristolpenguins.co.uk

Remember, this is your club have your say !