



Club Philosophy and Programme for Teaching Swimming

The club's philosophy is summed up in the Mission Statement:

“To inspire and enable our members to achieve excellence in swimming and promote life long participation and enjoyment of the sport.”

The Mission Statement is displayed on the club noticeboard, and on the club website.

The aim of the club is to provide swimmers with a positive experience and to provide a safe, welcoming, open and inclusive environment for individuals to develop their swimming skills. As well as learning new skills, the swimmers learn to interact with others and make new friends.

Whilst the swimming tuition is given within a friendly and welcoming framework, this does not detract from the high standard of teaching/coaching given at the club. The focus is to enable each individual to achieve their own personal potential in swimming – whatever that may be.

The Club's Annual Programme ensures that tuition is given on all strokes and related swimming skills, and that all members have the opportunity to participate in Time Trials and the annual Club Championships. As swimmers progress through the club, they have opportunity to compete in external competitions eg Galas, County Championships and Open Meets.

Older swimmers are encouraged to participate on poolside at training sessions with the younger swimmers. This gives them a better understanding of stroke technique and the coaching process and provides the younger swimmers with excellent role models.

In order to ensure the continued high level of swimming tuition, the club encourages the coaching / teaching personnel to update their training on a regular basis.