

Armadale Kelmscott Swimming Club
October 2020-September 2021
Fitness Squad - Season Information



AKSC is pleased to announce we have a fitness squad option for people interested in training once a week. It is open to swimmers 12 years and over (must have intermediate squad or above ability). Swimmers new to swimming could join as a social fitness member (swimming WA membership category)

Social Fitness: This sub category Social Fitness is designed to recruit Members to our Clubs (It is also available for existing competitive swimmers who wish to remain connected to the club). Social Fitness are likely to be people that are currently swimming in some kind of structured format. This may include participants in a surf lifesaving Club, a local pool squad program, or a casual swimmer at an aquatic centre. This Membership provides access to:

- Club nights and training
- SunSmart Country Pennants
- SunSmart Club Premierships

Parent/Guardian Member – FREE. This applies to parents and guardians of children under the age of 18 who are registered with the Club. Parents and guardians with this Membership are protected by insurance at any time when completing Club related activities, participating at the Club or travelling to and from Club activities.

Club Registration Fees (from 15/02/21-30/9/21):
\$107.50

Payment is made via the myswim website:

New Members:

<http://www.myswimresults.com.au/MembershipNewRegistration.aspx?ClubID=28>

Training Fees

Fitness squad swimmers \$21.00 per month (1 training session per week)

Fees are paid via direct debit payment system. Further details will be provided on joining.

- *30 days written/emailed notice is required if you intend to cease training.*

Training Times*

	Monday	Tuesday	Wednesday	Thursday
Fitness - 50m pool				5.00pm-6.00pm

Note 8: Swimmers please arrive 15min prior to do stretching prior to hitting the pool.

* Subject to change, see website for current membership options, days & times

Equipment Requirements

All swimmers must bring the following items to training for every session:-

- Bathers (no board shorts are allowed)
- Goggles
- Swimming cap (this is compulsory)*
- Kick board**
- Flippers (flexible rubbery type)
- Water bottle
- Towel
- Pool buoy (senior swimmers only)
- Hand paddles (senior swimmers only)

* New members will receive an AKSC swimming cap once fully registered.

** The club has kickboards members can borrow during training until they purchase their own.

Club Night

Held fortnightly on Friday nights - See attached the Club Night Schedule for the Summer Season.

- All members are encouraged to attend.

Swimmers must register for events online by the Thursday cut-off time to allow time for the meet recorder to set-up the meet. The club will email out a reminder approx. one week prior to Club nights. The MySwim website is used to register for club nights with any changes to be made by emailing the club (or last minute by contacting Sam on 0413 210 280).

Parents: Request that back to back events are not selected to ensure the swimmers can achieve their best time.

Events will start at approximately 6.00pm.

Note 10: All swimmers U18 attending Club Night must have an adult with them to assist with time-keeping and other duties on the night.

Pool Entry

Casual entry

Child (2-15 years):	\$4.80 per session
Concession (student 16 years +):	\$4.80 per session
Adult (16 yrs & over):	\$6.00 per session
Family Entry (2 adults & 2 children or 1 adult & 3 children):	\$17.00 per session
Spectator:	\$1.00 per session

Cash or EFTPOS payment to City of Armadale (payable at Armadale Pool).

Armadale Fitness and Aquatic Centre Membership

Please contact Patty (President) on 0409 913 669, Matt (Registrar) on 0497 157 319 if you have any queries or would like any further information.