

**NWLGC****| North Worcestershire Lifeguard Club**

## New Members Information:

Thank you for thinking of joining us at North Worcester Lifeguard Club. We pride ourselves on our welcoming, family like atmosphere and invite you to join us at our club nights. Below are the details of our training times and areas.

### Club Pool Nights

Every Wednesday

Juniors (under sixteen) 20:00 – 21:00

Seniors (sixteen and over) 21:00-22:00

Haden Hill Leisure Centre

Barrs Road

Cradley Heath

West Midlands

B64 7HA

Senior Club Members and parents gather in the foyer area, many are in recognisable club kit. Please feel free to ask these people or the receptionists on the desk for Nic from North Worcester.

### Open Water Sessions:

Sunday Mornings, 08:00

Invitation only, due to the heightened dangers of outdoor water

Swan Pool

Sandwell Valley

West Bromwich

### Pre-requisites:

As a lifesaving club, much of our activities are in water. As a result of this, we do have some expectations of swimming ability. For the Junior section, we aim to replicate some of the situations that may occur in open water as well as in a swimming pool. As a result, we expect the following abilities:



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- To swim for 50m without stopping, resting, or requiring support from a float or poolside
- To exit the pool without using stairs/ladders
- To pick up an object from the bottom of the pool

*As you progress through the club, the expectation of competent swimming increases, and the club fully support you in this progress. For the Senior competition squad, we expect a high level of swimming competency.*

## **Equipment:**

As a club we provide a large amount of resources, including CPR manikins, floats, fins and rescue aids. We will expect you to bring:

- Swim-suit.  
Girls must wear a one-piece swim-suit, no bikinis  
Boys, preferably fitted swim trunks/jammers/shorts, not loose swim shorts/board short
- Goggles
- Swim Hat (Optional, long hair must be tied back)
- Long sleeved top (to swim in)
- Full length trousers (to swim in)

## **Cost:**

As a new member, the first week is free. The second and third week we only expect pool hire fees, (see below). After three weeks we do expect full club membership to be paid.

Juniors (8yrs – 16yrs):

£16 a month (£4 a week) Pool hire fees £50 club membership

Seniors (16yrs+):

£20 a month (£5 a week) Pool hire fees £50 Club membership

The membership form and a code of conduct is attached to this pack.

*Thank you again for thinking of joining our lifesaving family and we hope to see you soon.*

Nic Penn, Chairman