



## Welcome to Birmingham Marlins

We are a well established swimming club for para, disability and family swimming. This letter is to explain our structure and what we can offer you as a member.

### About the group structures

#### *Learn to swim Marlins 1*

We have 3 learn to swim sessions available. Swimmers can take up a place once a week. Our learn to swim sessions consist of teachers and helpers. Helpers are usually in the water with the swimmer and teacher on poolside. We supply all the required equipment. However, we do ask that swimmers are able to exit and enter the pool unaided, or are able to use a hoist. We do not allow parents to be in the water supporting their child within this session.

#### *Adult learn to swim*

We have a session available for adults to learn to swim. Currently we are only able to offer once a week. There will be helper in the water, if required for this group. Our adult learn to swim session is on a Friday at 8.15pm.

#### *Improvers*

This group is for those who are now swimming lengths and ready to progress out of the learn to swim but are not yet ready to move into our Academy group. This is a small group of no more than 10 swimmers at any one time, with helpers available if required. There are several sessions available for this group and the price is the same whether you attend once, twice or more sessions.

#### *Academy*

This group is for swimmers who have progressed from Improvers or learn to swim and are confident in length swimming, confident in deep water and can swim 3 out of 4 strokes. This group introduces the rules for competitive swimming, builds upon technique and stamina. It still incorporates an element of 'play' but within a more structured environment than learn to swim. There are no helpers in the water for this group. There are several sessions available for this group and the price is the same whether you attend once, twice or more sessions.

### *Development*

This group is for swimmers who are ready to compete, who can swim all 4 strokes, confident in deep water. This group will build speed, stamina and focus on both long and short distance swimming. This group will support swimmers with a disability to become classified where there is a pathway to follow. There are several sessions available for this group and the price is the same whether you attend once, twice or more sessions.

### *Training group*

This group is for very confident and competent swimmers regardless of impairment. This group is for competitive para and disability swimmers, and competent family mainstream swimmers. There are set session plans to be completed at each training session, swimming distances between 2000m - 4,000m per session.

### *Masters*

This group is for swimmers aged over 18 years who just wish to develop their swimming and have the benefit of a coached session. We do offer one or two competition opportunities within the year for this group. Swimmer's progress into this group from our adult learn to swim.

### *Land training and gym sessions*

We offer land training and use of the gym on Sunday afternoons. We have a structured programme of activities to help build core strength and coordination. Equipment is supplied.

Please note that the gym cannot be accessed before 5pm and the gym is only available to swimmers aged 16 years and above or parents who are members.

Please see our timetable on the website for further details.

We also use the outside courts at the Morris weather permitting, for team games including basketball, netball etc.

Please note, if you are not a member, you cannot access the land training facilities and you cannot access the gym during our booked-out sessions. We do take siblings who do not wish to swim into land training sessions, if they are members. So you can pay the membership only (no monthly DD) if you have siblings or parents who wish to use the gym or attend land training.

### *Fellowship*

We have Fellowship group for those swimmers who are at University or only train for a few weeks per year or for those swimmers who wish to access competition support, but do not use our pool time for training.

### Membership benefits.

Once you are a member of Birmingham Marlins there are many benefits.

On Sunday afternoon between 5pm – 7pm, you have access to the gym facilities at the Morris Centre. This is open to all members over the age 16 years.

Members under the age of 16years can access our land training sessions on Sunday pm.

You have access to the sauna at the Morris centre (over 16years only)

You will receive a Birmingham Marlins Swim Hat (when in stock)

You will have the opportunity to participate in social events

You will have the opportunity to take part in a minimum of two competition per year (all swimmers will have the opportunity regardless of grouping)

Poolside support at para and disability events/ competitions

You will receive an emailed newsletter on the email address given on the membership form. Whilst this may not be weekly, it will give you information about forthcoming events, any changes to sessions, basic information about Birmingham Marlins.

Opportunity to one-to-one tuition for extra fee (subject to places being available)

### Family swimming

We are offering families the opportunity to swim within Birmingham Marlins. Although we are predominately para and disability swimming, we have a family mainstream option, to allow siblings and parents to swim within the same club. Mainstream swimmers are inclusive within the above groups and will be swimming alongside others who may have an impairment. Mainstream swimmers will be placed into groups in line with their swimming ability. In other words, siblings may not be placed within the same groups.

### Competition opportunities

We only offer para and disability competitive swimming ongoing through the year and the opportunity for all members regardless of grouping or ability (including mainstream) to compete twice a year. There may be further opportunities given but we only promise to offer twice a year to all members. You do not have to compete if you do not want to.

### Swim England fees and registrations

All swimmers and members only must be Swim England registered. This fee varies depending on the swimmer age and competitive status. We do not set these costs; they are set by Swim England. These fees are in addition to your monthly payment, fellowship fee and/or membership fee.

You are not insured if your SE fees are not paid and will not be able to swim or take part in activities, even if your monthly/ or membership fee is paid. I am aware that the fee structure is a little confusing so tried to answer questions below.

Any para or disability swimmer who wishes to compete in external competitions who are over the age of 9 years old must be category 2 or swim compete level.

Any para or disability swimmer preparing for classification must be category 2 or swim compete level

Swimmers within in any other group or mainstream can be category 1 or swim train

Members only (not swimming in the pool) need to be Category 3 or club support level.

All volunteers, committee members, teachers and helpers must be Swim England registered as at least category 3 or swim support level.

Parents and carers/guardians do not have to members of the club or Swim England registered unless you wish to access land training, gym or social events within the club.

### Car Parking

Morris Centre –There is blue badge parking outside the pool and opposite the pool. Alternatively, there is free parking on Pritchatts Road after 6pm or all day on Sundays and this is around 10 minutes' walk away. The multistorey car park next to Nuffield House costs around £4.75 to park for 2 hours.

Do not park on the red route.