



Welcome to Perry Beeches Sutton Swim Squad

Thank you for choosing Perry Beeches Sutton Swim Squad (PBSSS) for your swimming trial.

We offer a three session 'trial' period before you make the decision to join. On arrival at your first trial you will be allocated a group, we can then look at the ability of swimming and suggest the appropriate group going forward.

After you have had three trials, should you wish to join the club, we would be grateful if you could complete the attached membership form.

Below we have detailed some information about the club, but should you have any questions/queries please do not hesitate to contact us. You can do this by speaking with your coach or emailing secretary@perrybeecheesswimming.co.uk.

About us

Perry Beeches SSS is an established swimming club based in North Birmingham. We run sessions at Beeches, Handsworth and Erdington pools.

As a Club our aims are:

- To develop swimmers to their full potential
- To provide a pathway for the swimmers to be part of National, District, County and City Squad
- Exposure to top level competitions
- And fundamentally the enjoyment, fun and social aspect of being part of a swimming club



The club is split into the following main sections:

Learn to Swim

Beeches Babes – children from the age of 3 can learn to swim in safety, gaining confidence whilst they do so. Teachers are in the water with the children, to ensure they are happy and having FUN. Children are regularly assessed and will gain badges and certificates through the National Teaching Plan for Swimming. Level 1/2 will be achieved in these classes. Class sizes are kept small, to help little ones enjoy themselves in safety. Classes are grouped on ability.



Widths – Children from the age of four can learn how to swim all four strokes, and hopefully have fun at the same time. Whilst following the National Teaching Plan for Swimming, levels 1 through to 5 will be achieved within these classes. Badges and certificates are awarded, and assessments are held four times a year. Classes are grouped by ability.



Beginners Lengths – Once all four strokes have been mastered, the swimmer will progress to the 'deep end'. National Teaching Plan is followed, and level 6 will be achieved in these classes. Beginners Length classes is the natural progression from the width classes, and is where more stroke technique is given, and stamina is starting to take place.



Perry Beeches SSS follows the National Teaching Plan for swimming and all of the levels badges can be achieved during the 13 week swimming cycles (cost £2.20). All of the Teachers and Coaches are CRB checked. PBSSS is a Swim21 accredited club.



Junior Lengths

Junior Lengths – Progression from Beginners Lengths for the non-competitive swimmer. Swimmers just starting their competitive journey, or those not yet of Junior League standard.



Competitive Swimming

Diddy Squad – These lengths classes are aimed at the DIDDY age children (8 – 12), who have progressed beyond Beginners Lengths. Stroke Technique will continue and stamina be increased.



Seniors – Swimmers from 12 years old move to the Senior squad. Whether your involvement in swimming is recreational, fitness-based or to pursue District and National times; all abilities are catered for in Senior swimming. The senior program offers a training platform for all swimmers to increase stamina, strength and speed as well as encouraging continued competitive participation in club galas, local and regional open meets.



Masters – We have Masters swimmers who swim at County and National level, as well as social swimmers who simply enjoy swimming for fun.



For all children under the age of 13, we ask that there is an adult present for all lessons.

We are a competitive club. This means that if you are chosen to swim for the club in galas we expect you to make every effort to attend. This does not mean that you will always do individual events, it might only be in a relay team, but this is just as important. All swims gain us points so without a relay team we lose out. *Every swimmer is important to the team.*

We compete across the Midlands at various pools mainly on a Saturday evening, we swim as a team to gain league points or to compete for trophies at friendly galas. The club targets four leagues each year – Worcester Winter League, Diddys, Mercian League and the Nationals (formerly known as Speedo).

We also encourage our swimmers to take part in Open Meets to achieve Personal Best times for themselves and to win medals.

Where can I swim?

Beeches Babes/Widths

Babes classes are on Sundays from 14:00 until 16:00 at Beeches Pool – classes are grouped on ability.

For Widths classes please contact comeandjoinus@perrybeechesswimming.co.uk

Beginners Lengths

Sunday	Beeches	14:00
Monday	Beeches	18:00
Wednesday	Beeches	18:00
Thursday	Handsworth	18:30
Friday	Erdington	18:15

Junior Lengths

Sunday	Beeches	14:00
Monday	Beeches	18:00
Monday	Handsworth	18:30 (ML*)
Wednesday	Beeches	18:00
Thursday	Handsworth	18:30 (ML*)
Friday	Erdington	19:25

Diddys

Sunday	Beeches	15:00
Monday	Beeches	19:00
Wednesday	Beeches	19:00

Diddys may also attend the Junior and Mixed Junior Lengths Groups

Seniors

Sunday	Beeches	16:30
Monday	Handsworth	19:30
Wednesday	Beeches	20:00
Thursday	Handsworth	19:30
Friday	Erdington	19:25

Masters

Masters only session – Sunday 15:00 at Beeches Pool
Masters only lanes – Monday 19:00 at Beeches Pool

Masters can also swim at all Senior Sessions

*ML – Mixed Lengths

We are open during school holidays, but are closed on Bank Holiday Mondays, and a period over the Christmas Holidays while the pools are closed.

Fees

The following fees are currently payable:

Session	Number of Sessions/week	Amount/month
Widths	1	£19
Widths (or 1 width plus 1 length)	2+	£26
Lengths	1	£24
Lengths	2	£31
Lengths	3+	£33
Seniors (and Masters) aged 17 and over	1+	£27

PLUS the annual Club Membership and ASA Fees – £20.50 (or £47.50 competitive)

Club Membership and ASA Fees

This is an annual charge for every swimmer.

For width swimmers (and non-competitive swimmers) the charge is £20.50 per swimmer.
For lengths swimmers the charge is £47.50 per swimmers.

This includes the ASA (Amateur Swimming Association) fees (which includes regional and national ASA fees) – the costs are not governed by the club and cover the swimmers for insurance while they are swimming at the club and at all other events.

Parents are encouraged to pay the fees by standing order. Forms are available from the desk at Beeches. In certain circumstances payment may be made by cash, please ask at the desk.

Reduced rates apply for families with 3 or more children swimming – lowest fee when there are three children is reduced by 50%. Reduced rates for families paying for four children – fourth child swims free.

Fees are annualised – the yearly fees are split evenly across the twelve months of the year.

Any cheques will need to be payable to: PBSSS

If you are experiencing difficulties with your club fees, please contact the club secretary or someone on the desk to discuss your situation.

Volunteers

Beeches Swimming Club offers opportunities for everyone. Volunteers play a valuable role in making our club a success.

Beeches Swimming Club is run on a voluntary basis for the benefit of all its members. We are always looking for more people to help. Even if you can only manage a few hours we will make good use of your skills. We realise just how precious time can be and we won't pressure you into taking on more than you can manage.

For further information contact our Workforce Officer at volunteer@perrybeecheesswimming.co.uk or complete a Declaration of Interest form found on the club website.

Welfare

The Welfare Officer is there for all swimmers under 18 and makes the needs of these swimmers a priority. Your Club Welfare Officer is there for you, and is your first point of contact if you have any issues or concerns around your child's welfare. We will make a commitment to your child to ensure they develop their swimming skills in a safe, protected environment.

Club Welfare Officers are volunteers, many of whom work daily with children. All Welfare Officers will have a good knowledge of the WAVEPOWER document, which is the ASA policy and guidance to safeguarding children and young people in swimming.

The Club Welfare Officers can be contacted via welfare@perrybeechesswimming.co.uk.

Easy Fundraising

Help us raise funds for free when you shop online.

easyfundraising is a brilliant way to raise money for **Perry Beeches Sutton Swim Squad**.



Take a look at <http://www.easyfundraising.org.uk/> to see how you can help.

Many thanks in advance for your support.

Keep Informed

www.perrybeechesswimming.co.uk



www.twitter.com/PerryBeechesSSS



www.facebook.com/groups/PBSSS

