



PRESCOT SWIMMING CLUB

LEARN TO SWIM

Prescot Swimming Club is a non-profit making community swimming club run solely by volunteers. Our aim is to provide children with the opportunity to Learn to Swim in a friendly and relaxed atmosphere.

Lessons take place on a Sunday afternoon at Knowsley Leisure & Culture Park (Volair Huyton) and are managed by Avril Jennings and Liz Williams, who are fully qualified swimming instructors, with the help of Alison Metcalf (the Club's Secretary) and Tracey Sloan (the Club's Membership Secretary).

Lessons are also supported by parent members, (many who used to be club swimmers themselves), and the majority of our poolside volunteers are qualified swim coaches and/or teachers. All our volunteers are DBS checked and hold the appropriate safeguarding certificates - Prescot SC is a Swim England SwimMark accredited club; this quality standard recognises high standards of governance, sustainability and is about creating the best possible swimming experience for all.

Many of our elite A squad swimmers also give up their free time to help too; our Learn to Swim groups enjoy having our older members in the pool to support them in their learning - our elite swimmers are able to provide quality instruction, and help our learners' water confidence to grow quickly.

Our older swimmers are also actively encouraged to gain swim teaching and lifeguarding qualifications via Swim England and The Royal Life Saving Society UK respectively.

We hope that your child enjoys learning to swim with Prescot SC. If you have any further queries, please do not hesitate to speak to us at the Club desk, or email enquiries@prescotswimmingclub.org

Happy Swimming!



Prescot Swimming Club

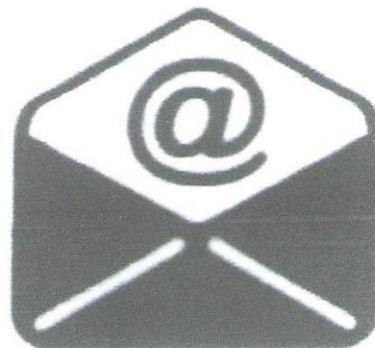


Keep up to date with the latest information via the club website - <http://www.prescotswimmingclub.org>



About Us

You can also find us on the following social media sites,





PRESCOT SWIMMING CLUB

Club Structure

Learn to Swim Group 1.

Aims:

- To be able to kick 5m with a float unaided on their front and back.
- To be able to kick 5m without a float unaided on their front and back.
- Be able to submerge their face into the water.
- Jump into the pool unaided.
- From a flat position, front and back, stand up unaided, (feet on the pool floor).

LTS Group 2.

Aims:

- To be able to swim 10m without a floatation aid, unaided, on their front and back.
- Push and glide on their front and back.
- Collect an object from the bottom of the pool.
- Be able to perform a star float on their front and back.

LTS Group 3.

Aims:

- To be able to swim 15m front crawl and backstroke.
- Swim 10m breaststroke kick.
- Perform butterfly kick.
- Push and glide on their front and back into swim.

LTS Group 4.

Aims:

- Swim 50m front crawl and backstroke.
- Swim 25m breaststroke.
- Swim 15m butterfly.
- Perform a sitting dive.
- Perform a tumble turn (front crawl).

LTS Group 5.

Aims:

- Swim 100m front crawl and backstroke.
- Swim 50m breaststroke.
- Swim 25m butterfly.
- Swim 100m Individual Medley.
- Perform a standing dive to CSA standard.
- Perform a competitive back stroke start.

Club lanes.

- On being offered a place in 'Club', a swimmer may be given the opportunity to trial for 'Squad' - this is by invitation only via the Club coaches in conjunction with the Head Coach/junior squad coaches.
The initial assessment will include a timed 100m IM. Squad is only for swimmers wishing to compete in due course, it is not for 'casual' swimmers.
- If a swimmer does not wish to join squad, they can continue to swim at 'Club', developing their skills and stamina.

Squad.

- There are currently four squads, D, C, B and A (elite).
B, C and D squads are commonly known as junior squad.
- Details of Prescott SC's squad policy and expectations will be shared/explained following the offer of a place in the most appropriate squad.

**PRESCOT SWIMMING CLUB
APPLICATION FOR MEMBERSHIP
2026**



Welcome to Prescott Swimming Club!

In order to ensure we can provide you with a safe and enjoyable experience, please complete the details below and return to the Club's Membership Secretary (contact details at end of form). If the new Club member is under 18 years of age, please provide contact details for the parent/guardian rather than the member.

CAPITAL LETTERS PLEASE!

Name		
Date of Birth		
Gender (Please delete as appropriate)	Male / Female / Prefer not to say / Prefer to self-describe:	
Category (Squad swimmers only; for the purpose of competition)	Female / Open	
Telephone Number		
Email Address		
Address		
Medical Information (Please include any primary and secondary disabilities. All disclosures will be kept confidential and only shared when appropriate to do so).		
Allergies		
Medication		
Emergency Contact 1 (Name, contact number and relationship to member)		
Emergency Contact 2 (Name, contact number and relationship to member) ONE OF THESE CONTACT NUMBERS MUST BE A MOBILE PHONE NUMBER and not a landline		
Ethnicity e.g. White British, Mixed White & Asian, Black Caribbean, etc		
Country of International Representation		
Additional Information (Please include any information that you believe is relevant to help us provide you with a positive experience. Some examples include: gender pronouns, reasonable adjustments you require, previous swimming experience or simply your preferred nickname!)		
Is this the only Club that the swimmer is a member of?	Yes / No	Other Club:

The Club may wish to take photographs or film individual and groups of members under the age of 18 that may include your child during their membership. All photographs and filming and all use of images will be in accordance with the Swim England Photography Policy and the Club's Privacy Policy. The Club requires parental consent to take and use photographs. Parents have a right to refuse agreement to their child being photographed. As the parent/guardian, please indicate your permission below. Please note you can withdraw your consent at any time should you wish to do so. This must be done in writing to the Club's Welfare Officer c/o welfarePrescotSC@gmail.com

As parent/guardian of: I am happy for: (confirm yes/no below)

My child's photograph to be used on the Club's (secure) website	Yes / No
My child's photograph to be used on Club's social media platform/s	Yes / No
Photos to be included in newspaper articles	Yes / No
Photos taken by professional photographer at events	Yes / No
Filming for training purposes	Yes / No

I confirm that I have read, and agree to abide by the Club's Codes of Conduct and the Club's policies.

I acknowledge receipt of the rules of Prescot SC and confirm my understanding and acceptance that such rules (as amended from time to time) shall govern my membership of the Club.

I further acknowledge and accept the responsibilities of membership upon members as set out in these rules.

Signature: (Parent/Guardian if under 18) Date:

I (PLEASE PRINT IN BLOCK CAPITALS)

being the parent/guardian of the above-named child hereby give consent to the use of this information by the Club for the protection and safeguarding of my child's health. I also give permission for the Coach, Team Manager or other Authorised person accompanying my child/myself to give the immediate necessary medical or surgical treatment as directed by medical authorities. I understand that the Club may still have a lawful need to use this information for such purposes even if I later seek to withdraw this consent.

Signature: (Parent/Guardian if under 18) Date:

All data collected on this membership form will be kept securely by Club personnel, and medical/disability information will be provided to coaches/teachers on a need-to-know basis. The Club will use personal data for the purpose of yours/your child's involvement in training, activities or competitions with the Club. For further details of how we process your/your child's personal data, please refer to the Club's Privacy Policy.

If at any time, any of the above details change please contact the membership secretary at secretary@prescotswimmingclub.org

For Official Use Only.

Date form received:	Fee	Swim England Category		
		Club Train	Club Compete	Club Support
Date payment received:				
Learn to Swim: Groups 1-4 inclusive	£30			
Learn to Swim Group 5, Club & Squad	£50			
10-year continuous member; competitive	£45			
10-year continuous member; non-competitive	£35			
Masters; competitive	£50			
Masters; non-competitive	£40			
Masters; 10-year continuous member; competitive	£45			
Masters; 10-year continuous member; non-competitive	£35			
Volunteer				