**KIRKHAM and WESHAM AMATEUR SWIMMING CLUB**

K&WASC provides opportunities for swimmers to train towards, and advance in, competitive swimming.

**Entry into the Club**

The expectation is that any potential club members will, as a minimum, have undertaken swimming lessons as training with the club should not be seen as substitute for swimming lessons. Potential swimmers undertake a trial in which the Head Coach assesses the swimmer’s ability. The club has no minimum standard to be attained, but swimmers do need to have the potential to be able to undertake the activities set in the training sessions.

In the 1st instance please contact the **Membership Secretary** via **kirkhamandweshamasc@gmail.com**or call in on a club night.

**Training Sessions**

1. The club has two evenings (Tue / Wed) of club nights; with two, ability based, sessions per night. Within each of these sessions swimmers advance through the lanes as their ability increases. Swimmers need to attend at least one of these sessions to access further sessions;
2. Sunday (pm) session available for swimmers to advance their skills.
3. Ability based sessions (Thurs eve / Sat am) for those moving into competitive swimming; attendance at these sessions is by Head Coach invitation.
4. The club also has two Masters Sessions (Tue / Wed eve) for older swimmers and Adults.

**Competitive Swimming**

The club holds regular time-trials where the swimmers can attain ASA Bronze, Silver and Gold badges by reaching a set standard.

In November each year the club holds its Club Championships where swimmers compete, in age groups, on an individual basis.

Throughout the year the club supports swimmers to enter Gala’s where the swimmers can enter events of their choice (minimum times apply) where each swimmer aims to achieve a personal result.

The club also competes in Division C of the Northwest Micro-league (Ages 9 to 12) where swimmers score points in a team competition.