



Why join Swim Club Emerton?

Getting started in swimming is easier than you think. It is a sport for all age groups, skill and fitness levels and provides many opportunities for fun, fitness and recreation. Swimming is an excellent way to keep active, and it provides lasting health benefits. Swimming also helps with valuable life skills like goal setting, discipline, friendship and belonging, and teamwork.

Anyone can join a swimming club no matter what fitness or ability. Swimming clubs provide the opportunity for individuals to swim for fun and fitness, or for those who want to swim competitively.

Why should I choose Swim Club Emerton?

- We are a small, friendly club and our focus is on encouraging our swimmers to do their best – we do not have elite standards and elite training requirements
- We have swimmers from the age of 6 to 16, with a good mix of both male and female swimmers
- We have a really supportive relationship with the Emerton Leisure Centre, which provides squad training. **Swim Club Emerton members enjoy a special rate on Emerton Leisure Centre squad fees.**

What is Swim Club Emerton?

Swim Club Emerton is a small swim club with a focus on **encouraging our swimmers to enjoy swimming, develop life skills and enjoy a fun and social experience.** Most of our swimmers do their squad training at Emerton Leisure Centre, but we welcome swimmers who are training elsewhere as well. We run our **Club Nights** every fortnight (Mondays in summer, Fridays in winter), and we attend meets year round – mostly in the Swimming Metro South West area.

How does it work?

We run a **Club Night** every fortnight – which is basically a small swimming carnival of up to 15 events. Swimmers compete at the Club Night and are awarded points for participation and for achieving personal bests. At the end of the season we hold a **Presentation Day** and give awards based on results through the year. Throughout the season we also attend **Swim Meets** – these are more competitive races in which our swimmers go up against swimmers from other clubs. As well as all of this, Swimming NSW and our area association - Swimming Metro South West - run a range of **swimming development programs** which encourage swimmers to continue to improve.

How much does it cost?

There are a few different costs to be a member at Swim Club Emerton:

- **Annual membership fee:** Fees for 2016-2017 are \$139 for swimmers and \$25 for non-swimmers. This covers the October 2016 to September 2017 season.
- **Junior Dolphins Membership:** this is a new program in 2016-2017 and will offer FREE swim club membership for kids 7 and under
- **Club night pool entry:** \$2.50 per swimmer and per spectator on club nights. This covers the pool entry charged by Emerton Leisure Centre.
- **Swim meet entries:** Swimmers who choose to enter Swim Meets, will pay race entry fees for each event they choose to swim. These fees are set by the Host Club/Area for the Meet and usually range between \$5 and \$7 per race.

What do I need?

All you need is the usual gear you would need to swim! We do offer a range of Swim Club Emerton branded equipment for optional purchase, including swim bags, caps, and polo shirts.

What is a Club Night?

Each fortnight we run a **Club Night**. In Summer (school terms 1 and 4), our Club Nights are on a Monday night in the 50m outdoor pool. In Winter (school terms 2 and 3), our Club Nights are on a Friday night in the 25m indoor pool. Club Nights commence at 7pm and run for about an hour.

We publish a schedule of events on our website. Each swimmer can choose up to four events per Club Night. Swimmers are awarded points for participation and for achieving Personal Bests. We encourage members to talk with our Race Secretary before entering their first Club Night as there we have rules around event selection and how Championship Points are awarded.

Swimmers can register their chosen events up to 5.30pm on the night by filling in a race card and leaving it in the Swim Club Emerton mailbox, or with the Race Secretary.

What if I have more questions?

Check our website – www.emerton.swimming.org.au, or feel free to talk with any of our Committee Members, or email us at swimclubemerton@gmail.com for more details. You can also find us on facebook at facebook.com/SwimClubEmerton