



Swim England
Affiliated Club



Mildenhall & District Swimming Club is a charity registered in England & Wales (1154407)

WELCOME TO SHARKS' SWIMMING CLUB 2025

The Sharks' swimming club is a competitive swimming club, qualified to coach anyone from non-swimmers through to East Region competition standards. The club is **SwimMark** accredited, which gives members confidence that the Coaches are qualified, and the club administration is at the required standard. We hope you have many years of enjoying, improving and competitive swimming.

The Club is based at Mildenhall Hub. Swimming for non-squad members is on Friday nights and is on throughout the year except for holiday periods, agreed by the head coach. **Sharks is a competitive swimming club, squad swimmers are expected to compete for the club in invitational galas, county events and open meets.** Squad swimmers should aim to train most nights (see below), if there are any difficulties these should be discussed with the coach.

Annual Membership Fees

Annual Membership fees are to cover Swim England Registration Fees, insurance and general admin costs. **This is due by 31st January each year and if it is not paid, the swimmer will not be insured and will not be allowed to swim.** Members joining during the year need to pay the annual membership before their third swim. The annual fee is reduced by 50% for members joining in October November or December.

Single Member	Each additional member	Parent / Associate Member
£25.00	£25.00	£10.00

Each under-18 squad swimmer must have at least one parent or guardian as a member of the club and any non-swimming member who helps the club either on the committee or on poolside must be a parent or associate member. The associate membership fee is paid by the club for any committee member, teacher, helper or official of the club.

Sharks Training Times

Monday	6:00 - 7:30 pm	Junior / Senior / Masters Squads	Main Pool
Tuesday	6:00 - 7:00 pm	Development Squad	Main Pool
Tuesday	6:30 - 8:00 pm	Junior / Senior Squads	Main Pool
Wednesday	6:00 - 7:30 pm	Junior / Senior / Masters Squads	Main Pool
Friday	6:00 - 6:30 pm	Stage 1 -2, Minnow / Catfish (½ hour lessons)	Learner Pool
Friday	6:30 - 7:00 pm	Stage 3, Elfin (½ hour lesson)	Learner Pool
Friday	6:30 - 7:30 pm	Stage 4 - 6, Hammerhead / Marlin (Hour lessons), Development Squad	Main Pool
Friday	7:30 - 8:45 pm	Junior / Senior / Masters Squads	Main Pool
Sunday	4:30 - 6:00 pm	Development / Junior / Senior / Squads	Main Pool

Parents **must** be on poolside for all children of eight years and under while they, or their siblings, are training; for older children, it is expected parents are present for some sessions, ideally at least monthly, so that the coaches and teachers can discuss progress etc.

Monthly fees for swimmers

	Single member	Each additional member
½ Hour Lessons	£27.00 (inc. £4.00 membership)	£24.00 (inc. £3.50 membership)
Hour Lessons	£40.50 (inc. £6.00 membership)	£36.50 (inc. £5.00 membership)
Development Squad	£57.00 (inc. £8.50 membership)	£52.00 (inc. £7.50 membership)
Junior Squad	£68.00 (inc. £10.00 membership)	£62.00 (inc. £9.00 membership)
Senior Squad	£68.00 (inc. £10.00 membership)	£62.00 (inc. £9.00 membership)
Masters Squad	£54.00 (inc. £8.00 membership)	£49.00 (inc. £7.00 membership)

The monthly fees consist of a monthly membership subscription and a training fee. All monthly fees are to be paid by standing order or bank transfer and must be paid before the 16th of each month. Any monthly fees paid by cash or cheque must be agreed with the membership secretary in advance. **Swimmers whose fees are not paid by the 16th of the month may not be allowed to train, or compete, for the club until the fees are paid. All monthly fees must be paid each month whether you train or not.**

Those squad swimmers who cannot make training regularly, e.g., attending boarding school, left school and working, second claim swimmers at Mildenhall, studying for A levels, competing in other sports etc., can apply to the membership secretary, for a reduction in the monthly training fee but this will only be granted under certain circumstances. Full membership rates will still apply.

Please contact the membership secretary, in confidence, to discuss concessions available due to low income or other hardships.

For any swimmer who leaves the club and re-joins within the year, monthly training fees, for the period of absence, may be reduced or waived at the discretion of the membership secretary.



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SwimMark
ESSENTIAL CLUB

Swim England
Suffolk

Affiliated to
Swim England
East Region

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For those absent for more than **two weeks** with serious illness, broken bones or similar, please contact the Membership Secretary to have the monthly training fees waived for this period only.

Please note that membership subscriptions and training fees are set on a yearly basis and then divided into twelve equal amounts. There will be some months where training time will be short because of holidays, County Championships etc. Information regarding these events can be found on the Sharks notice board and web site www.mildenhallsharks.co.uk.

Gift-Aid

Gift Aid raises more funds for Mildenhall & District Swimming Club without costing you a penny more. If you are a UK taxpayer we can reclaim the tax on membership subscriptions. For every £1 of membership fees and donations a further 25p can be claimed from the Inland Revenue. If a member has ticked the Gift Aid box on the Membership Form, and filled in the Gift-Aid Declaration form, they agree that at no further cost to themselves, they would like the tax to be reclaimed on any monthly membership fees or any other donation, that is made or will ever be made to Mildenhall & District Swimming Club, until further notice. The member confirms that they pay an amount of UK income or capital gains tax at least equal to the tax that Mildenhall & District Swimming Club will reclaim.

Teachers and Helpers

Teachers or Helpers may be asked to swim with Transition or Junior Squad swimmers to assist with timing and technique, all adult helpers will be DBS checked before being allowed to help on poolside or in the water.

New Members

New members get two free sessions to see if they would like to join and must be at least 4 years old. Assessment, by a coach or teacher, is usually on a Friday, depending on ability. Completed paperwork must be presented to the club before the third swim and relevant fees paid, so the member can be registered with Swim England and be covered by insurance.

Moving from Lessons to Squads

When a swimmer is of a standard to move into the development squad, as decided by the coaches and teachers, one of the coaches will discuss with the parent/guardian and swimmer what is expected of the swimmer and parent/guardian and the difference between squads and lessons – swimmers in the development squad will continue to have lessons on a Friday night.

Squads

Squad members are expected to have their own training equipment, kick board, pull buoy, hand paddles, fins and snorkel, which are available at a reduced price from the club. Club equipment is only intended for lesson swimmers and those just moved up to squads.

Parents of squad swimmers are required to join the club as associate members and are expected to actively support the club for a few hours each year e.g., helping on poolside when requested, helping with galas, officiating etc. Please indicate on the membership form which areas you would prefer to be involved in.

Membership and Code of Conduct Forms

The membership, medical and code of conduct forms must be completed and signed when joining the club and re-signed at the start of each subsequent year. The Membership Secretary **must** be informed of any changes during the year, **especially contact or medical details**. **Swimmers failing to observe the code of conduct may be asked to leave the training session or the gala and, depending on the severity of the issue, may result in action being taken through the club's disciplinary policies.**

Personal Property

The club cannot be held responsible for any personal property.

Privacy Policy

Please refer to the club website www.mildenhallsharks.co.uk for the details of the privacy policy.

Child Protection Policy

Please refer to the club website www.mildenhallsharks.co.uk for the details of the child protection policy.

Club Constitution

Please refer to the club website www.mildenhallsharks.co.uk for the details of the club constitution.

Photography

In accordance with the policy of Mildenhall Swimming Pool, **use of electronic devices capable of taking photographs or videos, in the changing areas, toilets or cubicles, is expressly forbidden**. Photographic recording devices may be used poolside during training sessions to record your own child only, **after permission has been sought from the coach or teacher**.