

# The Tedpoles - St. Edmund's Swimming Society



## Aim

Swimming is the perfect sport to build strength, endurance and overall health and fitness, while at the same time having the ability to relieve stress. The St. Edmund's Swimming Society is aimed at providing support and a community for people who want to practice and/or go swimming for various reasons. Apart from swimming individually or as a group in indoor pools -depending on the size, development and number of resources of this society- we are envisioning exploring open-water swimming in the summer, as well as providing professional practice lessons for people who want to improve their swimming skills.

## Swimming Sessions

We are organizing **1 weekly group swimming session** for swimmers of all levels. Sessions will take place at **Parkside Pools next to Parker's Piece**. Each session will be around 1 h excluding entering and leaving the pool. There are showers and private locker rooms if swimmers want to shower and change before/after the session. Lockers are also available, but you would need to bring a £1 coin to lock the locker.

Please make sure you arrive on time. We will meet outside the pool and will need to enter the pool in the booked time slots. If you are running late or booked a different time slot, please enter the pool on your own and meet the group in the pool.

Since at the moment we neither have the resources to teach you how to swim nor people who can serve as lifeguards, **you need to know how to swim to be able to join the sessions**. Participating in the swimming sessions is at your own risk and the St. Edmund's Swimming Society, the organisers or the pool does not take any responsibility. Please follow the pool rules at all times and do not join the swimming session when you feel ill or unwell.

## What you need to bring:

- Towel and swimwear
- Goggles
- Bath slippers
- A bottle of water

## Use of equipment

All swimming equipment belongs to the Swimming Society and must be used responsibly. Please do not forget to return the equipment after each session. If you lose or damage something, you are responsible to replace it.

## Cost

Unfortunately, we can't rent out any swimming lanes at this point. You will need to book a slot at the pool (see below), which costs £6 per swimming session.

**We will reimburse you £5 for each swimming session, for a maximum of 2 sessions per week.** Therefore, the real cost to you is **£1 per session**. After 3 months we will evaluate the financial situation and adapt the reimbursed amount accordingly.

**Please keep all receipts** when booking sessions and make sure you sign up via our [sign-up sheet](#) so that I have an overview over our expenses and the CR Treasurer can reimburse you the correct amount easily. The receipt should include your **name, date of booked swimming session** and the **payment information**. Reimbursements will be done at the end of the term. Therefore, please keep all your receipts (PDF of your booking confirmation is sufficient) and up-load them at the end of the term into a Google Drive folder provided by me. I will then arrange reimbursements with the CR Treasurer. If cost is an issue for you, please contact Nico.

If you're thinking of going swimming more often in the future, consider getting a "Pay-and-play" or a monthly/yearly membership, see [this website](#) for more information.

We can't reimburse the cost of your membership cost, but if you join for a swimming session you will still be reimbursed £5 up to your monthly membership value even if you have membership.

## Booking a swimming session

You need to book a slot via the Better Gym website. You won't be allowed to enter the pool without a booking!

1. Register with Parkside Pool at this link (this will not cost anything), upper right corner "Log In" → Create an Account: <https://bookings.better.org.uk/location/parkside-pools-and-gym>
2. Once registered, follow this link:  
<https://bookings.better.org.uk/location/parkside-pools-and-gym>
3. Select 'swim' as the activity category, and 'swim for fitness' as the activity
4. Scroll down through the days and times until you get to the time of the swimming session. This doesn't mean that the session will only be 10 minutes, but rather that there's a 10-minute window in which to arrive. If the time slot for the session is not available anymore, please consider booking the slot before or after, or the alternative training date of the week.
5. Book and pay for the session, which should be £6. Keep your receipt and email confirmation.
6. Follow this link and sign up to the session:  
<https://docs.google.com/spreadsheets/d/1vAxTA9KriUxHZoAMSTTpaNR8H7TgL5d1qGJzc54Y-nE/edit?usp=sharing>

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*If you have any questions, contact Nico (nm756)*