



Enjoy life in the pool with... **Sandbach Sharks ASC**

We are a SWIM 21 accredited, family friendly swimming club, where you can learn to swim from age 4 onwards and develop skills through the ASA National Plan for Teaching Swimming. You can then go on to train with qualified coaches to compete in galas and competitions at local, county and national level.

Masters swimmers and older swimmers are also welcome to train with us in lane swimming sessions.

You can join **Sandbach Sharks ASC** at any age, with any swimming ability and at anytime of the year. We cater for all levels of swimming and have different swimming squads to ensure that you enjoy life in the pool.

Details of our swimming sessions, lessons and our competition successes can be found on our website www.sandbachsharks.co.uk

Learn to Swim

Train to Compete

Swim for Fitness & Health

FREE TRIAL **For Swimmers 9-14 yrs**

Who can swim all strokes confidently or have completed level 6 of the ASA National Plan for Teaching Swimming.



Training young swimmers for over 25 years.



Swimming Squads at... **Sandbach Sharks ASC**

We have a structured tier of swimming squads allowing your child to move from the ASA National Plan for Teaching Swimming (NPTS) into competitive training, which follows the ASA Long-term Athlete Development (LTAD) framework.

SHARKIES

Those setting out for Olympic greatness but can't yet swim will start with Sharkies, the club's learn to swim program. This is structured in accordance with the ASA's National Plan for Teaching Swimming (NPTS) and provides the necessary basic skills to become a competent swimmer. Later stages in the programme give children the building blocks of technique and knowledge to progress to competitive swimming.

SWORDFISH, TIGER SHARKS AND JUNIOR COACHING

These 3 squads provide teaching and coaching that build upon levels of competence and knowledge gained at Sharkies or other swim schools. Children progress through the 3 squads to build up stamina and technique, learning the basics of training and competing, with longer swimming sessions and specific skill training. The squad programme continues to follow the NPTS and also uses the early stages of the ASA Long-term Athlete Development framework.

SENIOR COACHING

This squad provides coaching for swimmers who have developed their skills and competence sufficiently to represent Sandbach Sharks, their school and themselves at competitive swimming events (galas or meets). Swimmers are coached to compete at local and county level, with a view to training for national level competitions. The further development of swimmers in senior coaching continues to utilise the LTAD framework to ensure that training, coaching and athlete development have a structured basis.

MASTERS

The Masters squad is a polite description for swimmers who are older than the rest. A 'master' is a competitive swimmer over the age of 18 and masters swimming is actively encouraged by the club. All parents, guardians, carers or helpers are welcome to 'take the plunge' to maintain or improve fitness levels.

For further information

www.sandbachsharks.co.uk

or email us info@sandbachsharks.co.uk

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