

Thank you for taking an interest in our swimming club!
It starts here....

Thank you for showing an interest in swimming with Hitchin Swimming Club for fitness, competition and fun.

The benefits of swimming include building up your knowledge on safety, improved health, stamina, strength and meeting new people. As with all sports the more you put into the sport, the more you will get out of it.

Whether you are learning to swim, or already an established competitive swimmer, we would be pleased to hear from you.

Trials

The best thing to do is to e-mail to arrange to come for a trial at the following address.

Please make sure you do so as the training session can be very busy

[**coach@hitchinswimmingclub.co.uk**](mailto:coach@hitchinswimmingclub.co.uk)

As a potential new member, you will be assessed by one of the Hitchin Swimming Club competitive squad coaches, depending upon availability.

After a short in-water assessment of your swimming ability, you will be invited to join the squad best suited to your level of ability, as decided upon by the assessing coach.

Details of what is expected in each Squad is available on our website under "Squads".

It is possible that there may be a short waiting list if the squad suitable to you is completely full.

You will be given a membership form to fill in after which introductory pack will be given to you.

You are able to start training as soon as your membership form and fee are handed in to our administrator- this is so that you are covered by the club's insurance.

Please use our website [**www.hitchinswimmingclub.co.uk**](http://www.hitchinswimmingclub.co.uk) for more information or just speak to your squad representative, Rachel or Kim.