

Lifesaving Courses

Gain a useful and rewarding qualification!

We regularly run lifesaving courses every year in order to have enough volunteers to run the pool. These courses are open to adults and children over the age of 14. You will need to be a competent swimmer, able to swim confidently underwater. A small fee will be charged to cover the cost of books and administration.

If you are undertaking a Duke of Edinburgh qualification then this course can be used as your skills assignment.

If you are already a trained lifeguard or take one of these courses, you can support the Association by lifeguarding at some of the pool sessions. You will be remunerated for your time.

For more information on these courses call:
Iain Hamilton Tel: 07712 184623



St.Albans Girls' School has a fabulous heated outdoor swimming pool, which has diving boards and is 23 metres long.

Your very own lido!

The water is clean and warm and the atmosphere is friendly and safe. There is plenty of fun to be had with your friends and their families.

During evenings, weekends and school holidays, students and their families can enjoy secluded swimming at the pool. There are busy, boisterous family sessions, and calm tranquil sessions for adults as the sun goes down.

Alternatively, try swimming as the rain patters on the water – a unique experience.

NEW SESSIONS FOR 2010

Fridays @ 5 with music and Breakfast swim Wednesday mornings from June.

Join the Swimming Pool Association TODAY!

swimming is fun!

Membership

Membership of the Swimming Pool Association is open to all present and past students and their families, as well as to the family of any girls who have accepted a place at STAGS starting in September 2010. For 2010, the membership fee remains at just £35 per family. This allows free swimming all season for your family.

Please could you ensure that all application forms are returned before 28th April 2010.

Members may bring guests to swim at a cost of only £2.00 per guest per session. All members and guests must agree to abide by the rules of the Swimming Pool Association.

The 2010 Swimming Season starts on Saturday 15 May and finishes on Sunday 26 September.

Opening Hours:

Saturday: 2.30 - 4.30pm	General
Sunday: 10 - 12 and 2.30 - 4.30pm	General
Tuesday and Thursday: 5.30 - 7.30pm	General *
Wednesday and Friday: 7 - 9pm	Adults only
Friday: 5 - 7pm	General

** These sessions move to 2.30 - 4.30pm in the school summer holidays which start on Thursday 22 July and finish Tuesday 31 August. Sessions will revert back to the 5.30 - 7.20pm from Thursday 2 September.*

- In late August some session times will be changed due to the fading light.

- The pool will be cleared 10 minutes before the end of a session.

Breakfast Swim

Wednesday: 7 - 8.30am

This will be introduced in mid June. Further details will be emailed to members.

Helping at the Pool

When you join the Swimming Pool Association, we require you to assist by helping to supervise the swimming pool. This involves one or, if possible, two adult family members helping at one pool session during the year. This assistance is vital as the Association is run purely by volunteers.

Each family session at the pool needs two volunteers, one to assist the lifeguard and the other to check membership cards and collect guest fees. You will be asked to attend a briefing session so that you are familiar with the way the pool is run-see below.

Why not really get involved by joining the committee? We always need help with administration as well as pool maintenance and the up-keep of the poolside gardens. Please contact a committee member for further information.

Most importantly, we need lifeguards to help at the poolside.

Briefing session for poolside helpers

If you are a helper, please come along either on:
Sunday 23rd May 2010 at 10.00 am or 12.00 am.

Bring your costume for your first swim at the pool!



More Information

If you would like more information about swimming at St Albans Girls' School, please contact any of the following:

General Information:

Mary Seckington: (01727) 765735
mary.seckington@herts-pcts.nhs.uk

Lifesaving Courses/Lifeguarding:

Iain Hamilton: 07712 184623
iain.hamilton@vebra.com

Membership Information:

Leanne Walters: (01727) 760107
leannewalters@btinternet.com

Contact:

St Albans Girls' School
Family Swimming Association
c/o St. Albans Girls' School
Sandridgebury Lane, St. Albans, Herts. AL3 6DB

tel: (01727) 853134
www.stagsweb.org.uk/drupal



St Albans Girls' School

Business & Enterprise College



2010 Season

Students at St Albans Girls' School and their families are invited to join their school Swimming Pool Association

Please support this fabulous local amenity



50th Anniversary year
1960 - 2010