Subscriptions

Annual subscriptions are due on the 1st April. Rates are as follows:

- **All disabled members**: £8
- **Non-disabled members**: £16
- **Non-disabled junior members**: £8
- **Visitors (per session)**: £2

There is an entrance fee charge of £1 per session (£3 for a family) in return for a raffle ticket.

Turtles website: [http://www.ruislipturtles.org.uk/](http://www.ruislipturtles.org.uk/)

Turtles email: turtlesswimming@yahoo.co.uk

Chair: Peter Horne
Secretary: Alison Grey

We are a swimming club for anyone with a physical, mental health or learning difficulty.
Who Are We?

The Turtles Swimming Club was formed in 1964 and is a registered charity.

The aim of the club is to provide a safe, friendly, family atmosphere where the art of swimming can be taught to disabled persons and where disabled persons can enjoy swimming for pleasure, exercise, and if desired, can participate in competitive swimming.

The club is based at Highgrove Pool, Eastcote Road HA4 8DZ Ruislip and meets every Saturday between 5pm and 6pm.

The club is for anyone with a physical, mental health or learning difficulty, together with their helpers or immediate family.

The current membership ranges from very young children through to senior citizens with a very broad range of temporary or permanent disabilities.

Club Activities

The club welcomes swimmers and non-swimmers and help and tuition is available in the pool although this cannot be guaranteed on a one to one basis for the entire pool session. Non-swimmers are therefore expected to have a carer or family member in the pool with them at all times.

The main pool is equipped with a hoist to help those with a physical disability enter and exit the water.

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There is also a social side to the club which organises outings to resorts, country and wildlife parks, themed attractions and also arranges Sunday lunch and mid-week evening meal outings.

Competitive Swimming

The competitive instincts of many members are catered for by several annual swimming galas.

Our competitive events include: The Club Internal Championships, The Turtles Invitation Club Gala, and also several other Invitation Galas whereby the ‘Ruislip Turtles’ visit and compete against other disabled swimming clubs.

The galas generally utilise the NASCH handicapping or similar system.

Badges for distance swimming are available and every year the club also participates in the British Long Distance Swimming Association ‘postal swim’ involving disabled swimming clubs throughout Britain.