

## Subscriptions

Annual subscriptions are due on the 1st April.

Rates from 1/4/2012 are as follows:

*All disabled members £8*

*Non-disabled members £16*

*Non-disabled junior members £8*

*Visitors (per session) £1*

We also raise funds through a weekly raffle at our Saturday sessions.



### **Turtles Swimming Club for the Disabled**

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

**Turtles website:**

<http://www.ruislipturtles.org.uk/>

**Turtles email:**

[turtlesswimming@yahoo.co.uk](mailto:turtlesswimming@yahoo.co.uk)

**Chair (David Lee):  
07730 047500**

**Secretary (Marion Beckwith):  
0208 866 8606**



**The Turtles Swimming Club  
is affiliated to NASCH**

**National Association of Swimming  
Clubs for the Disabled**

# Turtles Swimming Club for the Disabled



**Registered Charity Number  
1055585**

## 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 meets at Highgrove Pool, Ruislip every Saturday between 5pm and 6pm and 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.*

*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.*

*These are mainly run under the auspices of NASCH (National Association of Swimming Clubs for the Disabled) and include our Club Championships, our Invitation Club Gala, Invitation Galas and the National Championships (Leamington Spa) where the 'Ruislip Turtles' compete against many other disabled swimming clubs.*



*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.*