

Dear Sir/Madam

We are happy to announce we will be hosting a Winter Open day on Friday 10th December at Regional Fitness & Swimming Centre. We invite you to see what our program has to offer and hope that this is something that excites you as much as it does us. The session will be one 1hr and 15minutes long, where you will spend 60 minutes getting a taste of what a normal training session would feel like for our Mini Squad and then have a 15 minute Q&A session with our coaching team and some of our top performance athletes.

To qualify for the open day, you must be between the ages of **6 – 10 years old** and have completed **Learn to Swim awards Level 6** and above. Please note, we do not offer a learn to swim program and so if you would like the opportunity to learn how to swim before joining our program then please visit Vivacity Learn to Swim at the below website.

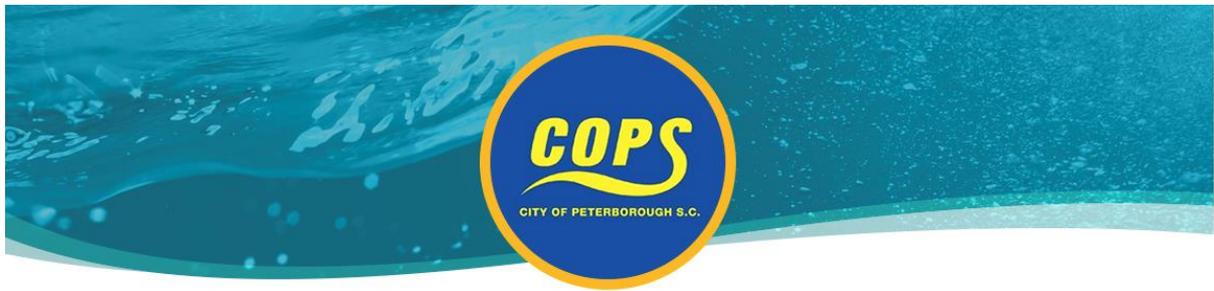
<https://vivacity.org/things-to-do/swim-academy/>

On arrival, there will be a registration table which you will need to visit, provide your full name and receive a slip. This slip will tell you which lane you will be swimming in and the name of the coach who will be the lead for your lane. You will need to hand this slip to that coach when you arrive on poolside.

During the open day, we are offering coaching from our excellent team of coaches. This will take place in the main pool. The coaching team will assess your swimming ability in a training environment. You will be asked to complete a variety of different swimming skills that we use regularly in training. Don't worry as these will be very basic and if you don't get it the first time, you will be given multiple opportunities to practice during the session. Ultimately, we are looking for a range of attributes that we believe are essential to progress through our performance pathway:

- Listening skills
- Communication skills
- Attitude towards learning
- Willingness to learn
- Overall swimming ability

Once this session has ended, you can make your way over to the registration desk where you will hand over your name slip which will indicate to our members of staff whether or not you have been offered a place on our team. Here you can ask questions regarding COPS club and receive membership sign up details which will need to be completed before you leave.



Please arrive “Beach Ready” i.e. have your swimming costume under your daily clothes. This is to minimise the number of people using the changing rooms at any one time. You will not need any training equipment with you apart from a drink to stay hydrated and a pair of goggles to wear during the swimming session. Parents will be allowed to watch the session from the balcony. Although it is no longer a requirement to wear a face mask/covering, we do advise that all parents wear a mask within the swimming pool facility until seated.

If you are interested in signing up for this fantastic opportunity, please contact our Assistant Coach, Joe Middleton on the email at the bottom of this document. Please note, that there will only be 20 spaces available due to lane space and time constraints. This means that places will fill up very quickly and so if you are interested, please contact us as soon as possible.

Address:

Vivacity Regional Fitness & Indoor Swimming Centre
Bishop's Road,
Peterborough,
PE1 5BW

Arrival Time: **17:15 – Session starts at 17:30**

Finish Time: **18:45**

We are very excited to see you on Friday 10th December!

Kind regards,

Joe Middleton
Assistant Coach
City of Peterborough Swimming Club
Joe.middleton@copsclub.co.uk