

**SALMON SWIMMING CLUB  
MEMBERSHIP INTEREST FORM**

First Names	
Surname	
Address	
Town/City	
Post Code	
Telephone	
Mobile	
E-Mail	
Date of Birth	
Nature of disability	

Relationship to other club members (e.g. family/ carer): .....

I would like to come for an inspection visit or trial swim, with view to joining the club as a member subject to normal application process and payment of annual subscription.

Signed: ..... Date: .....

**Note: A doctor's letter must be provided**

to certify that your disability will benefit from water exercise, and is not likely to be a risk to yourself, to general water safety and other pool users.

**Data Protection :**

The Club has Data Protection policy and procedures compliant with GDPR. We have a Privacy Notice and All information given is in confidence for internal club use as per that notice.

*Salmon Club*

*For  
Fun.*



*For  
Fitness.*



*For  
Friendship.*

*For more information:*

Contact Chris Bowles  
01727 833350  
[www.salmon-club.org.uk](http://www.salmon-club.org.uk)

*Salmon Disabled  
Swimming Club*



*Providing swimming for  
the disabled of St. Albans.*

*The  
Salmon  
Club*

*Come and join us..*

*For fun, Fitness & Friendship.  
[www.salmon-club.org.uk](http://www.salmon-club.org.uk)*

*Salmon Club* provides opportunities for disabled people of all ages, and those recovering from illness or operation to swim or learn to swim safely.

The Club holds a session at Westminster Lodge Leisure Centre on Saturday afternoons (4.00—5.30 pm).

We have use of both main pool, Training pool and confidence water, which are indoor heated pools with disabled facilities including a Platform lift with wet chairs, sling hoist and disabled steps to help gain access to the water for those who need it. During Salmon sessions we have exclusive use of the pool.

Safety of our members is of paramount importance to the Club. We have qualified lifeguards on duty and salmon club volunteers acting as additional spotters.

The Club has been providing opportunities for nearly 50 years. It is a voluntary charitable organisation run by a committee of members. The committee are grateful to St. Albans Council and Everyone Active for the water time made available for the use of disabled residents of the district, allowing us to keep our annual subscription low, currently £6.00 (£5 by Standing Order). There are no session fees for members to swim each Saturday.

For more information visit our new website:  
**[www.salmon-club.org.uk](http://www.salmon-club.org.uk)**

*Salmon Club* is also active socially.

We run a range of social events including quiz evenings, race nights, and garden parties. Also various day trips from London Eye to seaside, using a specially adapted disabled coach.

The club is also involved in helping to raise funds for other local disabled charities. This year we organized the “Disabled Leg” of the local Rotary Club Swimathon, which raised £1,250 of a Total in Excess of £11,000!

We encourage members to bring a helper, carer, friend or family members to assist with personal care/dressing or in the water. They may join the club and swim with the member.

We have a number of family groups with young children swimming regularly.

We do have a number of helpers in the water but cannot guarantee assistance every session.

The Club is reliant on a number of dedicated volunteers from front desk, poolside spotters to helpers in the water. If you would like to join the team you would be welcomed.

**Why not pay us a visit to see the**  
*Salmon Club's* activities first hand?

**We work with other local disabled groups and clubs for benefit of whole of the Community.**

Our History is that some disabled people were swimming in late 60's & early 70's at Cottonmill Outdoor Pool, when the First Westminster Lodge Pool was built in 1971 They formed the Salmon Club to allow the pool time given by local council to be used by local disabled. Although in Early days the club was about teaching to swim and semi-competitive swimming, over the years we have become more of a social swimming club to gain the therapeutic benefits of water activity.

We have about 250-300 members from less than a year to 97 years of age! With a wide range of disabilities; physical, sensory, cognitive and learning difficulties. We are a family orientated club and encourage families to swim with disabled members.

*“Salmon Club for fun, for fitness and for friendship” Come and Join us.*

