



LIONS FUN SWIM



www.lionsdorchester.org.uk

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Fun & Friendly Competition Whilst Raising Money for Local Charities

INFORMATION AND RULES OF ENTRY

General

- There will be sessions in both main and small pools to suit all ages, fitness levels and abilities with an emphasis on fun. In addition to the well-established team relay sessions in the main pool, there will be fun slots in both pools as detailed below.
- Our aim is to be inclusive and flexible attracting as many participants and different groups as possible. We particularly want to boost the number of children taking part.
- The objective for the entrants is to complete as many lengths or laps of the pool as possible in the allotted time
- Volunteers will count the lengths or laps completed and display the running total.
- All events give the opportunity to raise money for the entrant's own Charity or Cause.

Entry and Sponsorship

- Registration Forms are available to download from the website above or in paper form from the Sports Centre Reception and Tourist Information in the New Library
- Upon receipt of your Registration Form your activity time will be confirmed by Email
- There is no entry fee but all participants should arrange their own sponsorship or give a donation. **Minimum sponsorship £5.00.**

Sessions

• Team Relay Sessions

These sessions are very similar to the previous Swimathon event. The sessions are open to all ages and team sizes **including individuals** though teams of 5 or 6 members are preferred. Where possible teams of similar abilities will race against each other. No requirement to be part of a club or organisation. **Each team member should be Sponsored.**

• Fun Challenges

The objective is a fun race over a floating obstacle in the large pool. The course will be explained on the day. Individual competitors or teams will compete against each other in pairs. The winner will be the individual or team which completes most laps.

• Triathlon Taster

Event will consist of a Timed Swim (15 lengths), Gym cycle equipment ride (6km) and Gym machine run (2km). This event is aimed at individual applicants attempting all sections but can be completed by teams of 2 or 3. Times for each section will be added together to decide the winner. Appropriate alternative courses will be arranged for disabled participants

• Aqua-fit & Aqua-thon`

There are 2 Sponsored Aqua Fit sessions in the small pool on Saturday and 3 Aquathons (Aqua-fit Challenge) in the small pool on Sunday.

• Kids Aqua-Boat Fun Session

Circuits of the small pool using boats for the under 8s. Full details on the day. Come along and have fun!!! **(£3 a go)**].

• Kids Swim Personal Challenge

A sponsored event for different abilities. Floats are ok if needed. Set your own challenge! For a learner this could be 1 length of the small pool with floats or for more experienced swimmers a few lengths of the pool unaided. Specify your personal challenge on the sponsor form and get sponsors!

• Water Polo – Give it a try!!

The aim is a fun competition for all. No experience needed. Sessions in both large and small pools. Teams of up to 11(large pool) or 5(small pool) but individuals can enter. We will assemble you into teams on the day. Get sponsorship or give a donation.

• Kayak Taster – Try them out in the pool!!

On the Day and After the Event

- **Completed Sponsorship Forms need to be presented at Check-In before the start.**
- All participants should arrive at least 30 minutes before the allocated session time.

- Ideally, **for Team Relay** in the large pool, each member of the team should swim 2 lengths of the pool starting at the deep end. They will then hand over to the next team member in relay fashion. Where this is not suitable entrants can swim single lengths with the shallow end team member starting in the water touching the end of the pool. **For Safety reasons there must be no diving in at the shallow end.**
- All team members should swim in turn and each swimmer should swim at least one length or a maximum of two lengths during their relay leg.
- Only one member of the team should swim at any one time unless needing assistance.
- Each team or individual to swim for a maximum of 55 minutes. (This will be less for some events in the small pool)
- Spectators are very welcome to support but should use the upstairs viewing gallery (large pool) or viewing window (small pool)
- Following each session, the entrant(s) should collect verified sponsorship forms from the Check-In Desk.
- **All** Sponsorship money raised, together with the Sponsorship form(s) in a sealed envelope, can be handed in at the **Check-In Desk (on the day)** or **Dorchester Sports Centre before Monday 26 February**. Alternatively, send to - **Lion Treasurer Derrick Buswell**, 52 Weatherbury Way, Dorchester, DT1 2EF. Tel 01305 262954. **Note – Lions now have a card reader for contactless payments if more convenient**
- All sponsorship money raised will be equally divided between the Dorchester Lions Club Local Charity Fund and the Charity or bona fide organisation of the Entrant's choice. The Main Beneficiaries from the Lions Half will be MIND Dorset and The Lions Defibrillators for Dorchester Project.
- The other half will be forwarded directly to your Nominated Charity **by the Lions Club**.

The Lions Club of Dorchester & District, and its sponsor/s, will not accept liability for any accident or loss of valuables that may occur during the event.

Lions Fun Swim Pool Sessions

SATURDAY 2 nd MARCH		SUNDAY 3 rd MARCH	
Large Pool	Small Pool	Large Pool	Small Pool
1300 Adult Teams	1300 Pool not available	1000 Adult Teams + Triathlon Taster Pool Session	1000 Aquathon (Aqua-fit Challenge) Andrea
1400 Youth Teams and Disability Groups	1400 - 1445 Aqua Fit (Janet Hewitt)	1100 Water Polo	1100 Aquathon (Aqua-fit Challenge) Andrea
1500 Kayak Taster	1445 - 1530 Aqua Fit (Janet Hewitt)	1200 Kayak Taster	1200 - 1230 Kids Aquathon (Aqua-fit Challenge) Andrea
1600 West Dorset Swimming Club Session	1530 - 1700 Kids Swim Personal Challenge <8s (floats allowed)	1300 Youth Fun Challenge (Inflatable)	1230- 1400 Kids Swim Personal Challenge <8s (floats allowed)
1700 Fun Challenge (Inflatable)	1700 Kids Aqua Boat Fun Session < 8s	1400 Youth Fun Challenge (Inflatable)	1400 Kids Aqua Boat Fun Session < 8s
		1500 Water Polo	1500 Water Polo (5 a Side)

Note- it may be possible to arrange a different time if more convenient. Please advise on registration form.

Further information and updates can be found at www.lionsdorchester.org.uk/events/funswim and Facebook - [LionsDorchester](#)