



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 and teenagers taking part.
- Where the entrant gains sponsorship 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 copies from the Sports Centre Reception
- Any Changes to the programme will be posted on our website and facebook page. Please check immediately prior to the event.
- Events are provided to raise money for charity either by sponsored (S) participants or donations (D). There is no entry fee but all participants should arrange their own sponsorship or give a donation.
- [Minimum sponsorship £5.00. Minimum Donation £3](#)

Sessions

- **Team Relay Sessions - S**

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. The objective for the entrants is to complete as many lengths of the pool as possible in the allotted time (55 mins). Lions Volunteers will count the lengths completed and display the running total. 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.**

- **Aqua-fit - D**

There are 2 Sponsored Aqua Fit sessions in the small pool on Saturday.

- **Kids Fun Swim - D**

A swim event for all abilities. Floats are ok if needed. Set your own challenge maybe! A Race against friends?

- **Aqua Board Challenge – S or D**

Can you complete the Lions Challenge on the floating board? Come along and have fun whilst raising money for charity

- **Family Fun Swim - D**

A family swim session. Please give a donation on entry to Reception

On the Day and After the Event

- **Completed Sponsorship Forms (where applicable) 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.
- Spectators are very welcome (subject to current Covid rules) to support but should use the upstairs viewing gallery (for large pool) or viewing window in reception (for small pool)
- Following each session, the entrant(s) should collect verified sponsorship forms (where applicable) 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 only), or BACS to (Lions Club of Dorchester & District, Sort Code 30-92-69 Account No 00165406-Reference Fun Swim plus Surname), or cheques and cash to Lion Treasurer Neil Gatehouse, 15 Church Acre, Dorchester DT1 1RB *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 beneficiaries from the Lions Half will be those in need within our community
- 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 26 th MARCH		SUNDAY 27 th MARCH	
Large Pool	Small Pool	Large Pool	Small Pool
1200 Aiming High Disability - S (Stuart/Andrea)	1215 Aiming High Disability - S (Andrea)	Normal 1610 Lessons	Normal 1610 Lessons
1300 Adult Teams Relay - S	1300 Kids Fun Swim - D	1000 Normal 1610 Lessons (3 lanes for Team Relay)	1000 Normal 1610 Lessons
1400 Aqua Boards - S or D (Sarah)	1400 Aqua Fit - S (Janet)	1100 Adult Teams Relay - S	1100 Kids Relay Games - D < 5 - 8s
1500 Kids Aqua Boards - S or D (Sarah)	1500 Aqua Fit - S (Andrea)	1200 Youth Teams and Disability Groups -S	1200 Kids Fun Swim -D
1600 Fun & Floats- D	1600 Kids Fun Swim - D	1300 Kids Aqua Boards - S or D (Sarah)	1300 Family Fun Swim - D
1700 1610 Session	1700 1610 Session	1400 Fun & Floats- D	1400 Family Fun Swim - D
		1700 West Dorset Swimming Club Session - S	

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

S – Sponsorship Required for Entry

D – Donations Accepted for Entry

Further information and updates can be found at www.lionsdorchester.org.uk/events/funswim

and Facebook – [LionsDorchester](https://www.facebook.com/LionsDorchester)

Lions Club of Dorchester and District Reg Charity No 1178508