

swim free

60 & over
16 & under

swim 4 life

Tendring
District Council



NHS

North East Essex

Everything you need to know



Introduction

The free swimming initiative is part of the government's 2012 Legacy Action Plan and aims to promote swimming, general fitness and more active lifestyles. In Tendring the two year Free Swim scheme is being promoted by Tendring District Council in partnership with the North East Essex NHS.

Who is eligible for Free Swimming?

Anyone aged 60 or over and those aged 16 and under can enjoy free swimming at the District's Swimming Pools.

When does Free Swimming start?

Free Swimming will commence on April 1st 2009. The scheme will last until March 31st 2011.

At which sessions can I swim for free?

During all appropriate public swim sessions. Please check your local pool's swimming timetable for opening hours. Please note that restrictions may apply, e.g. adults only sessions.

Do I need to register?

Everyone wishing to take up free swimming needs to have a valid ONE Card. These cards are free and are available from any of Tendring District Council's leisure centres. Simply complete the application form

about Free Swimming!

on this leaflet and take it to your local leisure centre. Please try and complete the application form beforehand and avoid busy times so that we can process your card as quickly as possible.

You will need to bring along appropriate ID as proof of age, e.g. birth certificate, passport, photo ID, bus pass etc.

What happens if I lose my card?

A replacement card fee of £5 will apply.

Where is free swimming available?

Free Swimming will be available at:

Clacton Leisure Centre,
Dovercourt Swimming Pool,
Frinton and Walton Swimming Pool and
Brightlingsea Open Air Swimming Pool*

*Subject to seasonal opening hours

Are the pools expected to be busy due to the free swimming scheme?

It is likely that more people will take up swimming as a result of this initiative. Therefore, on occasions there may be the need to resort to limited time slots to ensure more people are able to swim. All swimming pools have a maximum bather load which cannot be exceeded for reasons of safety.

What if I qualify for free swimming but have an inclusive membership package?

Adjustments have been made to relevant membership packages held by those aged 60 and over and those 16 and under to reflect free swimming provision. More details are available from your local leisure centre.

What if I cannot swim?

Why not ask at your local centre about our swimming lesson programme, and learn to swim?



Free Swim Application

Please fill in the whole form and hand to reception. Please print in block capitals, using a pen.

Surname:
First Name(s):
Title
Date of Birth:
Email:
Address:
Post Code:
Daytime Telephone:
Evening Telephone:
Mobile Telephone:

You will need to supply appropriate identification as proof of age, eg: Birth Certificate, Passport, Photo I.D., Bus Pass etc. Proof of age demonstrated.

