



Welcome to
NorthernWave
Swimming Club

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<http://northernwave.org>

About This Booklet

This booklet has been created by the NorthernWave Swimming Club to help you get the most out of being part of the club. It explains what the club is about, how it operates, and gives some hints and tips about how to join in to make your membership the most rewarding experience possible.

Thank you for reading!

History

The club was formed in October 1997 as an informal group of gay men and women who were interested in swimming as a way to keep fit and to meet new people outside of the normal 'scene'. Since those early days the club has recruited nearly 1,000 members of which 300 or so are regularly involved in the club's activities. NorthernWave is one of the largest and most successful gay sports clubs in Europe.

The objectives of the Club are defined in our Constitution:

- To provide swimming at all levels, complimentary aquatics activities, opportunities for social activities, training and competition both at home and abroad where 'equality' is practised, whilst encouraging healthier lifestyles for GLBT people and their friends.
- The Club is committed to treating everyone equally within the context of their activity, regardless of sex, ethnic origin, religion, disability or political persuasion.
- The Club believes that the welfare of children is everyone's responsibility and that all children, and young people, have a right to have fun, be safe, and protected from harm.
- To maintain a membership size capable of sustaining the Club's objectives.
- To create safe swim environments for Gay men, Lesbians, Bi-sexual and Transgender (GLBT) people and their friends of any nationality.
- To support complementary events and activities across communities to further acceptance, awareness and understanding of GLBT people and communities.

The Club caters for all levels of swimming from beginners through to competitive swimming. You can come along and do your own thing, for meeting people/social purposes or be coached either for personal improvement and fitness or to enter swimming events around the world and/or ASA Masters Events. Many members use the club for its social outlets and are not necessarily committed swimmers but enjoy the unique ambience that the club has and are more involved in the social and volunteering opportunities that the club generates.

In short, the club has something for everyone. **There is no membership charge for joining the club.** You just pay as and when you attend a session.

What To Expect

On your first visit we will require brief registration details to keep our Club's insurance cover valid and it is important to have details of who we can contact in case of emergency.

NorthernWave is a self-help group. So, in many ways, what you get out of the club is up to you. As with anything in life, the more you contribute, the more you get out of the club. Club members will make every effort to make you feel welcome but it does take time to get to know people. You might not find anyone with whom you share interests straightaway, or you might have a bad night for some other reason such as feeling anxious about this new social situation. If you do, please persevere and give us another go as we find persistence pays off. We have trained volunteers are there to assist you and help you feel at ease, so don't be afraid to confide in them about how you're feeling. Normally there are at least two volunteers at any session. They are there simply to help organise the session and particularly to help make new members feel welcome and to introduce them to other members.

What's On Offer

Our coached sessions are available to all from beginner to Olympian – don't be afraid to give it a try!! After both nights, most members go to Taurus, No1 Canal Street, for a drink. We go to Taurus because they support us throughout the year and you're very welcome to join us.

Tuesday swim Coached and Social Swimming and Fun Water Polo
Moss Side Leisure Centre, Moss Lane East, Moss Side, Manchester, M15 5NN
8:00 pm to 9:30 pm

- **Charges** - £3.00 for swim & fun Water Polo, £3.50 for coached swim & fun Water Polo. A £1 concession is available for unemployed and full-time students who are not working.
- Car parking is available on the roadside, or underneath the Leisure Centre (accessed from the rear, off Moss Lane East). A safe large 'legal' car parking area – it's dry and well lit!
- Tell reception you are with NorthernWave and you will find our welcome desk on the left hand side at the end of the reception offices.
- Changing Rooms – there is a choice!
 - Heading away from reception towards the stairs the dry (male or female) only changing rooms can be found to the right and behind the staircase.
 - Same direction but straight on past the stairs, to the end, then right, takes you to the **communal** changing area with cubicles and more showers. These are unisex so please use the cubicles.

You will need a £1.00 coin for the lockers.

Please be respectful when changing, as all areas may have members of the public present and you are representing Northern Wave - Thanks

- Once changed just head into the pool. The pool is divided in two; one half for people who want to be coached (lanes area) and the other half is open for people to do their own thing (no lane ropes).
- If you want to be coached go and introduce yourself to the coach who should be fairly obvious standing at the deep end of the pool. He or she will guide you.
- If you just want to do your own thing, we have volunteers who will come and talk to you and explain how the evening works and introduce you to other members. Our members are friendly folk and are keen to meet new people.
- We swim until around 8:50 pm then the lane ropes are taken out of the water and nets are placed at each end of the pool and many members stay to play a fun game of water polo (until about 9:30pm). This is open to swimmers of all levels and is a great opportunity for everyone to become involved.

Sunday swim Coached Swimming and one lane available for non-coached swimming.
Manchester Aquatics Centre, 2 Booth Street, Manchester, M13 9SS
7:30 pm to 9:00 pm

- **Charges** - £4.00 for the one and a half hour swim. A £1 concession is available for unemployed and full-time students who are not working.
- Car parking available at the NCP car park on Booth Street East or in the bays on Oxford Road.
- Tell reception that you are with NorthernWave and head down to the training pool. Go through the main upstairs changing rooms to the very end and the stairs down are located to the left. There are more changing rooms at the bottom of these stairs.
- You will need a £1 coin for the lockers.
- Once changed just head into the pool.
- If you want to be coached go and introduce yourself to the coach who should be fairly obvious standing at the deep end of the pool. He or she will guide you.
- If you just want to do your own thing, we have volunteers who will come and talk to you and explain how the evening works and introduce you to other members. The social swimmers use the near lane. Our members are friendly folk and are keen to meet new people.

Annual Training Camp

We run a weekend long training camp at Lancaster University. Starting on a Friday night, this involves 7 hours of coached swimming, videoing swimmers techniques and strokes, classroom sessions and a team dinner on the Saturday evening. It is a great weekend despite the hard work!!

Social Events

Throughout the year the club organises a number of social events. These have and plan to include Annual Christmas Party, Eurovision Night, Trips to the theatre, Halloween Party, Manchester Pride Parade, White-water rafting, Outing to Alton Towers. If you have any suggestions then let us know!

Competitions

The club is a primary driver behind Pride Games (<http://pridegames.org>). As part of this annual event the club organises an international gay swimming event and many members volunteer to help ensure that this event is a great success.

Members of the club also travel to a number of gay swimming events all over the world. Quite often our group includes members who don't compete and just come along for the fun and unique atmosphere. The club attends:

- Eurogames which is held annually at a different city (a large scale every fourth year)
- World OutGames which was held in Montreal in August 2006 and the next one is in Copenhagen in 2009.
- Regional Masters events in the UK
- Regular competitions on the European circuit including Paris, Frankfurt and Barcelona

A well-represented Group has also developed over the years of competing members' partners and friends who come to support them at the events. This group has developed so much that it is now internationally known as the 'Northern Wives'.

Club kit

We have a range of swimwear and t-shirts etc that can be purchased at discounted prices!

Volunteering

There are many opportunities to volunteer to help with the running of the club and events that it organises. Often helping out is just as much fun and as satisfying as competing. Opportunities include being a "NorthernWave Friend", 'Hosting' swimmers from other countries during events, Helping at events, Fund raising, Organising social activities, Creation and organisation of our Manchester Pride Parade Float. Ask a committee member for more information!!

Who's In Charge?

A committee of elected members manage the club. The posts are formally elected at the Annual General Meeting and are open to every active member of the club. The committee also quite often asks for help from members with special skills (co-opted members) to help. If you'd like to know more then just ask!

Important Data Protection Information

We will store your details in our membership database. Unless you opted out on your registration form, we will send you Club newsletters or other relevant Club information by post or email from time to time. Although we are not obliged to register as a Data Controller, we do adhere strictly to the eight principles of the Data Protection Act 1998. We take your confidentiality very seriously and the Club will never pass on any details about you to a third party without your prior consent. The membership database is maintained exclusively for the use of NorthernWave Swimming Club.