

	CURRENT MEMBERSHIP OPTIONS & BENEFITS		
	1x PER WEEK	2-3x PER WEEK	MASTERS PERFORMANCE
	£55 per month	£85 per month	£100 per month
Wednesdays - Club Night 19:20 - 19:45 Mobility 19:45 - 21:00 Pool Tiller Leisure Centre	✓	✓	✓
Thursdays 20:00 - 21:00 Deptford Wavelengths	✗	✗	✓
Fridays 18:30 - 19:30 Deptford Wavelengths	✓	✓	✗
Fridays 19:30 - 21:00 Deptford Wavelengths	✓	✓ <i>Subject to HC approval</i>	✓
Saturdays 13:00 - 14:00 Glass Mill Leisure Centre	✗	✗	✓
Sundays 17:00 - 18:30 London Fields Lido	✗	✓ <i>Subject to HC approval</i>	✓ <i>Subject to HC approval</i>
ADDITIONAL FEE			
Onboarding £25 one-off joining fee	✓	✓	✓
Swim England Membership <i>Club Train</i> Annual fee* £24.35	✓	✓ <i>If only interested in OW events</i>	✗
Swim England Membership <i>Club Compete</i> Annual fee* £50.85	✗	✓ <i>If looking to compete in the pool</i>	✓

All members will have access to:	
Weekly Newsletter	The Newsletter includes essential updates—from pool closures and explanations of current training blocks to helpful Hints and Tips written by our Head Coach to support your learning and progress.
Blogs/Articles	A library of articles/blogs written by our Head Coach only available to view by our members.
Heavily discounted 1:1s £55 per hour	Full price for our 1:1s are £70 per hour - and offered at Wavelengths, Deptford on Sats 16:00-18:00 only
Regular video Feedback via WhatsApp	Swimmers are filmed and sent footage via StackTeam to help with their understanding - with comprehensive feedback from our Head Coach.
Heavily discounted Workshops	We run workshops for all our members. These workshops are a deep dive into one particular aspect of swimming - for example Meet Protocols - developing an efficient kick - turns.
Training Review Sessions with Head Coach	All swimmers are invited to sit down with our HC to discuss goals and anything related to reaching their targets from help with nutrition to strength training to understanding how to train outside of the ACEL sessions.
Periodised Training Programs	Open Water and Masters Competitive swimmers are trained within periodised training programs specific to their events.

Website members only section	As the website continues to develop through 2026, swimmers will gain access to an expanding range of resources to support their training — including skills-specific sets and session plans to use when you can't attend coached sessions. New updates will be released gradually throughout the year.
<p>All fees are payable by Standing Order on the 28th of each month.</p> <p>Full instructions on setting up payments and how to cancel your membership will be provided during the onboarding process.</p> <p>Swimmers may choose to leave ACEL at any time with one month's notice prior to the 28th of each month.</p> <p>If a swimmer decides to rejoin ACEL, they will be required to pay the £25 onboarding fee and, if applicable, Swim England membership fees.</p> <p>* The Swim England membership year runs from 1 January to 31 December, with all memberships renewing each January. The fee is fixed for the year, regardless of when you join. For example, if you join in July, you pay the same fee as someone who joins earlier in the year, and you will still need to renew your Swim England membership the following January.</p>	