

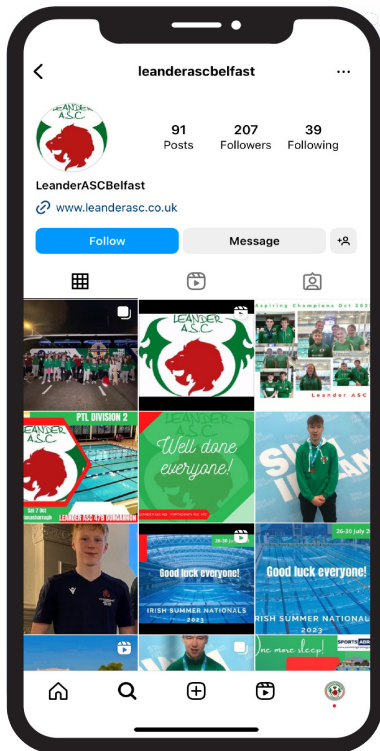
Leander Swimming Club

Social Media Guidelines

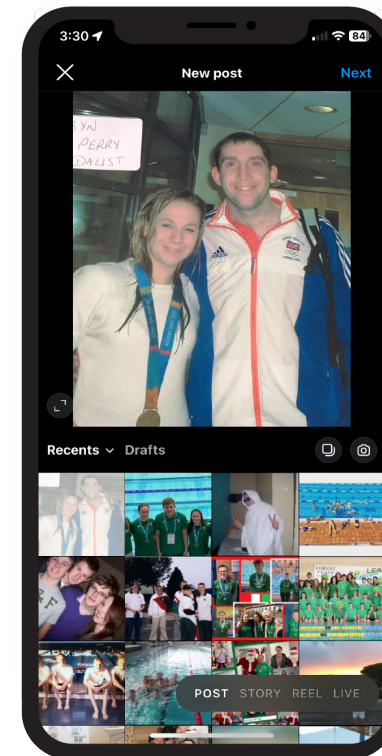


Guide to Instagram:

Instagram is mainly for a younger demographic, so it is important to make sure that your posts/stories and reels are being uploaded onto this social media platform, it is important to keep consistency on your platforms. Below is a guide on how to upload stories, reels and posts onto Leander's Instagram account.



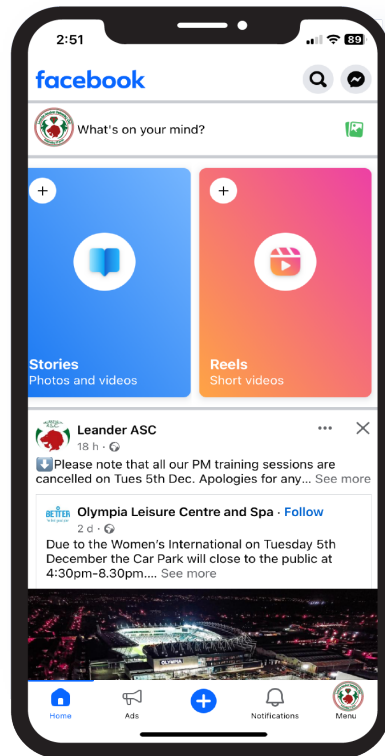
For uploading posts, stories & reels to Instagram, see above the plus sign on the bottom centre of the screen. By tapping on this button you will then be directed to this next page ->



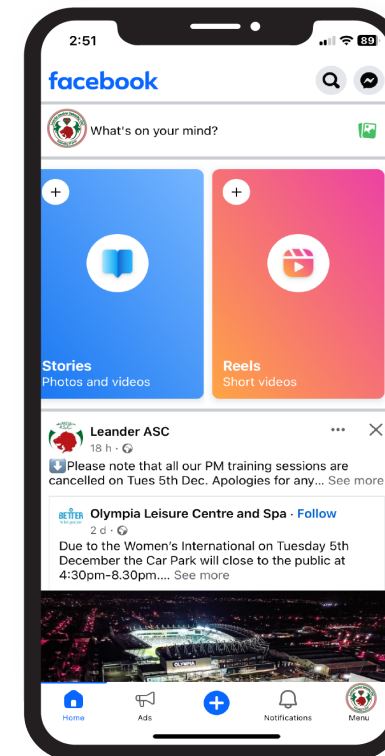
On this page, as you can see below you have the option of whether you want to upload a post, story or a reel. Tapping on any of these choices will direct you to where you need to go.

Guide to Facebook:

Facebook is mainly for a middle aged demographic, so it is important to make sure that your posts/stories and reels are being uploaded onto this social media platform, to keep it consistent across all your platforms. Below is a guide on how to upload stories, reels and posts onto Leander's Facebook account.



For uploading stories and reels, as shown above there is a section called 'Stories' and a section called 'Reels.' As you can see both of these sections have plus signs beside them. By tapping on the plus signs for stories or reels, you are then able to add a story or reel to your Facebook page.



Additionally, by tapping on the blue plus sign as found on the centre bottom of the screen, you are able to upload posts, stories and reels to your Facebook page.

Guide to X (Formally Twitter):

X is mainly a mix of a younger demographic and a middle aged demographic, so it is important to make sure that your posts are being uploaded onto this social media platform, to keep it consistent across all your platforms. Below is a short guide on how to upload posts onto Leander's X (Twitter) account.



To upload a standard tweet or photos with a tweet, simply tap on the blue plus sign. From there you will be able to tweet out a standard status or you will have the option to add photos to this status, which can lead for some creative posts. You are also able to add videos to your tweets as well, which are located where your photos are.

Instagram Posting Schedule



Post #1
 Upload on 25/12/23
 Caption - 'Happy holidays from our family to yours #TeamLeanderASC



Post #2
 Upload on 28/12/23
 Caption - We are excited to announce we will be using a special edition logo to celebrate our anniversary. #TeamLeanderASC



Post #3
 Upload on 01/01/24
 Caption - We hope you all had a safe and happy night. Happy New years from all of us at Leander A.S.C. #TeamLeanderASC

Swim Class Weekly Schedule

	Learn To Swim	Fundamentals	Junior Development	Post Primary Recreational	Masters	Performance
Monday	Lisnasharragh 18:30 - 19:00	Lisnasharragh 18:00 - 19:00	Lisnasharragh 18:00 - 19:00 (Skills)	Lisnasharragh 19:00 - 20:00	Lisnasharragh 19:00 - 20:00	Olympia 06:00 - 08:00 Lisnasharragh 19:00 - 20:00
Tuesday		Olympia 18:00 - 19:00	Olympia 18:00 - 20:00		Olympia 20:00 - 21:00	Lisnasharragh 06:00 - 08:00
Wednesday		Olympia 18:30 - 19:00 19:00 - 19:30 19:30 - 20:00				Olympia 06:00 - 08:00
Thursday						Olympia 06:00 - 08:00
Friday			Templemore Baths 18:00 - 20:00			Lisnasharragh 06:00 - 08:00
Saturday				Whiterock 08:00 - 10:00		Whiterock 08:00 - 10:00 Aurora 15:30 - 17:30
Sunday	Grove 09:15 - 09:45 09:45 - 10:15 10:15 - 10:45 10:45 - 11:15	Grove 09:15 - 10:15 10:15 - 11:15	Grove 09:15 - 11:15			

Post #4
 Upload on 08/01/24
 Caption - If you have ever wondered where and when we train, check out our weekly schedule and get in touch. #TeamLeanderASC

Instagram
Posting Schedule

**INTRODUCING OUR 60TH
ANNIVERSARY LOGO**



Post #5
Upload on 15/01/24
Caption - Introducing our
new 60th Anniversary logo!
What do you think of it?
#TeamLeanderASC



Post #6
Upload on 22/01/24
Caption - Meet our
world class coaches.
#TeamLeanderASC



**03.02.24
LEANDER
TURNS**

60

Post #7
Upload on 29/01/24
Caption - We are close
to the big 60. Here are
some photos from past to
present. #TeamLeanderASC



Post #8
Upload on 03/02/24
Caption - We turn 60 today.
Just want to say a big
thank you to everyone
who has supported us.
#TeamLeanderASC