

Rushmoor Youth Swimming

A member of Rushmoor Swimming Association



Newsletter—Issue 18—Web issue

July 2017

Welcome

We welcome new pupils to our club. Lessons are only for 30 minutes a week, if you can find the time to go to a swimming pool to play in the water, or swim, other than on a Thursday evening it is beneficial to you.

Water Safety Questions

Octopus and Goldfish pupils have to answer 2 questions from a list of 10 as part of their end of term assessment. Parents can help teach this element of the assessment. A list of questions with possible answers can be found on our web site, link can be found through courses, then Octopus or Goldfish.

Badge Costs

The Swimming Teachers Association have been forced to add VAT to the cost of Badges. This cost however will be absorbed by our school and will not be passed on to pupil's parents.

Reminders—Photo and videos are not permitted on the poolside.

We continue lessons throughout school holidays, we only close if the centre closes—normally this is for Christmas and New Year.

Note—We have brought forward the assessment evenings by 1 week so that we do not clash with the October half term.

Important dates

Term start dates: -

2nd November 2017

8th March 2018

5th July 2018

Assessment dates: -

12th & 19th October 2017

22nd Feb & 3rd March 2018

14th & 21st June 2018

Distance swim dates: -

Distance swims for up to 1500m / 1 mile: -

26th October 2017.

Long distance swim: -

21st December 2017—1500m or more (a 3 hour session)

Distance Swim

We hold distance swims throughout the year, the December swim is in conjunction with Farnborough Swimming club to give our pupils advanced swimmers a 3 hour session to attempt longer distances. These sessions are free and pupils can receive one badge and certificate free with additional badges with certificates for any shorter distances swum at half price of £1 each. Please support these sessions, numbers have been low recently making it not worthwhile to continue.

Rushmoor Youth Swimming is an independent swimming school initially set up by various youth groups, Boys Brigade, Guides, Scouts, St John etc. with the aim of teaching their members to swim to the requirements of their training programme. Although we are no longer closely linked to these groups we continue to give preference to children who are members of youth groups within Farnborough. All our staff are unpaid volunteers.

Staffing—We are always on the lookout for new adult volunteers, there is no pay but the rewards gained by seeing the pupils improve their skills is well worth the time. Speak to us on the poolside if interested.

Pool plan for next term

Octopus 3 — 10m and treading water practice, Teacher to agree with a main pool teacher as to timing.

6:30

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|-----------|
| Octopus 1 |
|-----------|

| | |
|-------------|-------|
| Goldfish 1 | F S C |
| Angelfish 1 | |
| Goldfish 2 | |

Dive Weeks: - Refer to your pupil registers as for area of pool allocated during dive weeks.

7:00

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|-----------|
| Octopus 2 |
|-----------|

| | |
|-------------|-----------|
| Angelfish 2 | Shark 1 |
| Angelfish 1 | Shark 2 |
| Goldfish 2 | W S B & S |

7:30

| |
|-----------|
| Octopus 3 |
|-----------|

| | |
|-------------|----------|
| Angelfish 3 | Shark 1 |
| Shark 3 | Shark 2 |
| Goldfish 3 | W S Gold |

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Goggles

We prefer pupils to learn to swim without using goggles, please try to encourage you children to swim without them unless it is a medical issue. One of our primary aims is to ensure pupils are safe in the water, being able to open eyes underwater without the use of goggles is an important part of safety training.

Certain parts of the assessments during the initial learning stages we will expect pupils to complete without using goggles: -
Push and glide to the bottom of the pool to retrieve an object.
Submerge underwater and retrieve an object .

Preparation for Lessons

All swimmer and those planning to enter the water (aquatics helpers) should follow the basic rules whilst preparing to enter the water, these are: -

- Do not eat small meals or snacks in the period of 30 minutes to 1 hour before swimming (2—3 hours for larger meals)
- Just prior to swimming—Use the toilet, blow your nose and have a good shower

It has been noted that some parents are allowing their children to urinate in the changing cubicles—this must stop. Also teachers have been told not to allow children to start a lesson until they have had a shower.

Supervision on the Poolside / Changing Rooms—Our staff are responsible for pupils during their swimming lesson, Parents are responsible for their children before and after their lesson, in the changing rooms, shower area and out on the poolside. We have staff monitoring safety on the poolside and the centre supplies lifeguards to monitor the pool. There must be a person with parental responsibilities for all pupils during lessons and whilst they are in the changing room, in the shower area and on the poolside waiting to start lessons or waiting for other siblings to start or complete their lessons.

Last term details—Pupil Numbers: - 120 pupils in the 18 classes averaging about 7 per class. 72 pupils reaching the require standard to progress. 28 pupils found not quite ready to proceed to the next step. Our teachers pre-assess the pupils at the end of the course. The pupils who unfortunately miss their assessment are offered a place in the course appropriate to the teachers prediction. 19 pupils were absent from assessments of which 4 were expected to pass and 5 left before the end of term.

The Web

Visit us at: -

Our web site: rushmooryouthswimming.org.uk

Facebook: [rushmooryouth](https://www.facebook.com/rushmooryouth)

Other clubs in Rushmoor: rushmoorswimmingassociation.org.uk

Some of our General Rules

- 1 Parents are responsible for safety and welfare of their children prior to and after lessons.
- 2 For emergencies a parent or person with parental consent must be on the poolside during lessons.
- 3 Do not interrupt teachers during lessons.
- 4 Pupils should shower before lessons.
- 5 Overshoes provided by centre should be used on the poolside.
- 6 Do not obstruct the fire exit or exit routes.
- 7 Distance swims—reasonable strokes required above 100 metres.
- 8 Inform Mr Bright of any changes of information given on enrolment form
- 9 Clothes should not be left in changing cubicles during lessons, use lockers
- 10 Parents and spectators are to keep to the seated area on the poolside, **DO NOT** cross the area between pools or enter/leave the poolside from the changing rooms

Information—Parents, if you would like to receive information and reminders by email, i.e. test date and times, unplanned pool closures etc. send an email to me saying “add to mailing list”: - Richard@rushmooryouthswimming.org.uk

Staff

All our staff are unpaid volunteers

Chairman—Mick Perry

Course Administrator—Richard Bright

Enrolment Secretary—Jackie Kedge

Poolside Manager—Jo Travers

Welfare Officer—Lauren Browne

Web Master—Chris Gillman

Qualified Teaching Staff

ASA & STA Level 2 Teachers —Richard Bright, Chris Gillman,

ASA Level 2 Teacher —Alarnie Yeomans. ASA Teacher —Beryl Yeomans

ASA Level 1 Teachers —Jade Allen, Natalie Davidson, Steve Edwards

Teachers—Deborah Down, Anja Harwood

Club Instructors—Mick Perry, Graeme Perry

Aquatics Helpers—Jo Gould, Nina Harwood, Bernard Solomon, Cally Travers