

# Rushmoor Youth Swimming

A member of Rushmoor Swimming Association



Newsletter—Issue 19—Web Issue



November 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.

## Staff Meeting and AGM

We held our AGM plus a team meeting back in July. Some of the items discussed were:

Cost of lessons—we have sufficient funds to maintain course fees at £25 (including badges) for the foreseeable future.

Officers of the Club—these will remain unchanged, names are available on the web edition of this newsletter.

The Thursday between Xmas and New will be for staff training (no lessons)

## Congratulations

Well done Natalie on gaining her Level 2 Teacher's Certificate last term. Natalie gave up a week of her summer holidays to qualify for the award, she joined us as a pupil in the Octopus 1 class back in July 2008.

## Important dates

### Term start dates: -

8th March 2018

5th July 2018

1st November 2018

### Assessment dates: -

22nd Feb & 1st March 2018

14th & 21st June 2018

### No Swimming

28th December 2017

### 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)

## Long Distance Swim—1000m (30 lengths) or more

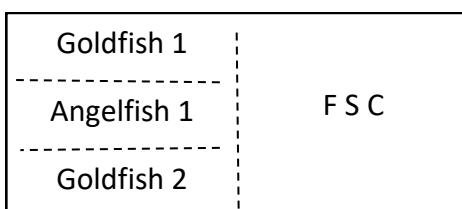
On the 21st December we will be holding our annual long distance swim from 18:00 to 21:00 as a result there will be no lessons in the main pool. Octopus pupils will have their normal lessons in the teaching pool. This swim is for advanced pupils only, we have a double lane where our swimmers will be swimming continuous circuits. The badge, with certificate, for distance swum is free, other distance badges up to distance swum will be available at £1 each (half price).

More information is available on our web site.

## Pool plan for next term

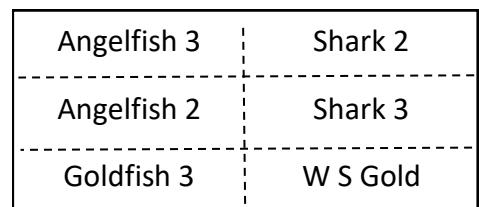
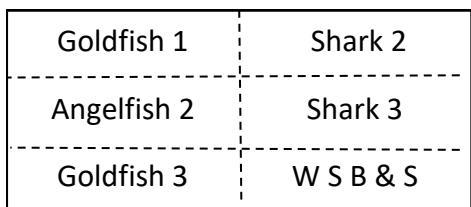
6:30

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



Octopus 3 — 10m and treading water practice, Angelfish 3 pool section—O3 teacher to inform A3 teacher when space is needed.

7:00



7:30

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## Urinating in the changing cubicles

In the last newsletter, under “Preparation for Lessons”, we highlighted a note that some parents are allowing children to urinate in the changing cubicles. There is still an indication that this has not stopped. The issue was raised at the last Rushmoor Swimming Association Meeting (a meeting of all the local clubs, council and centre management). We do not know if it our pupils or others are responsible but if we find out who it is we will inform centre management and it could lead to a ban from the centre. Parents are responsible for supervision in the changing rooms.

**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 available during lessons and supervising their children 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: - 121 pupils in the 18 classes averaging about 7 per class. 96 pupils reaching the require standard to progress. 18 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. 3 pupils were absent from assessments of which 1 was expected to pass and 4 left before the end of term.

## The Web

Visit us at: -

Our web site: [rushmooryouthswimming.org.uk](http://rushmooryouthswimming.org.uk)

Facebook: [rushmooryouth](#)

Other clubs in Rushmoor: [rushmoorswimmingassociation.org.uk](http://rushmoorswimmingassociation.org.uk)

**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

**Reminder**—Photo and videos are not permitted on the poolside.

## Additional Swimming

Our swimming lessons run for 30 minutes a week, if at all possible pupils would benefit from additional water time where they can practice their aquatic skills. There are nine key skills to acquire to become safe in the water and learn to swim effectively. These are: —

Aquatic breathing, Balance, Buoyancy, Co-ordination, Movement through the Water, Orientation, Rotation, Sculling and Treading water

Improvements on these skills can be achieved by any form of activity in the pool. Extra water time can also be used to increase stamina and fitness

## 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

## 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, Natalie Davidson. ASA Teacher —Beryl Yeomans

ASA Level 1 Teachers —Jade Allen