

Rushmoor Youth Swimming

A member of Rushmoor Swimming Association

Newsletter—July 2012 Issue 3



Introduction

We welcome our new pupils to Rushmoor Youth and hope you enjoy your lessons with us.

Please remember we continue through the school holidays without a break.

More information about us and our programme can be found on our website.

Important – Hair

For safety reasons it is important that pupils with long hair have it tied up or enclosed in a swimming cap. This applies to all pupils where the hair is long enough to reach round to the mouth or and covering eyes

Course Fees

Unless previously agreed with the treasurer (through Mick, our chairman) any pupil who's fees have not been paid within the first four weeks of the term (by end of July) will be removed from the course and replaced by a child from our long waiting list.

We aim to keep our fees as low as possible whilst keeping classes a reasonable size. We will continue to assist parents with a genuine problem with paying, speak to Jackie, Mick or Richard if you need to delay payment.

Talking to staff during lessons

Parents, if you want to talk to a member of staff on a Thursday there is normally someone available who is not teaching.

Please do not interrupt a teacher or instructor during a lesson.

Hygiene

Overshoes – Parents and other spectators, please wear the blue overshoes provided free from the centre or remove outdoor shoes whilst on the poolside

Pupils – All pupils should use the toilet, blow their nose and shower before entering the water. Parents of younger pupils should ensure their children carry out these 3 actions.

Important dates for 2012 / 2013

Terms: -

Start dates: - **November 8th 2012**
March 14th 2013
July 11th 2013
November 7th 2013

Assessment dates: -

This term: - **October 18th**
Octopus 1, 2 & 3, Goldfish 1, 2 & 3
and Shark 1, 2 & 3

October 25th

Octopus pupils may be asked to attend
Angelfish 1, 2 & 3, Water Safety Bronze, Silver & Gold

Future dates : - **February 28th or March 7th 2013**

June 20th or June 27th 2013

October 17th or October 24th 2013

February 27th or March 8th 2014

Distance Swims

Dates: - November 1st 2012
December 20th 2012 (Long distance only)
July 4th 2013
October 31st 2013
December 19th 2013 (Long distance only)

At the November swim pupils can attempt up to 200m from 6:30 to 7p.m. or longer distances from 7 to 8p.m.

In December we join in with Farnborough Swimming Club for a long distance swim. Our pupils can swim from 6 to 9p.m. for swims above 1000 metres and up to 5000 metres

Note: - Pupils attempting swims above 100 metres must have a reasonable stroke.

This newsletter will be available on our web site: -

rushmooryouthswimming.org.uk

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Help

In issue one we asked for help. Unfortunately no adults came forward. Some weeks over the last term have left us very short of staff. **We do not want to say that a class can't run for lack of adult staff on the poolside.**

Sorry to say that there is no pay – we are all volunteers but the rewards of watching children improve their swimming skills and having fun, knowing that they will be safe near water, is enough for us.

Eyes on the poolside, helping our qualified teachers with teaching and answering questions are tasks most adults can do.

Please speak to Mick or Richard if you think you can help.

Swimming during the holidays

Aldershot Lido – Under 16's £3.90 for the day (family tickets available)

Rushmoor will also be running **free swimming** for under 16's at Farnborough Leisure Centre and Aldershot indoor pool during the summer (23rd July to 2nd September). You will need to register at the centre (cost £1).

Next issue

It is hoped that future issues will be incorporated with the enrolment forms.

If you would like to add something or want something in the news let Mick or Richard know.

Web Site

Our web site has all the information you need to know and stay up to date with current information, there is also a learning zone for pupils to investigate. Make sure you have saved the address so that you can check dates, find out course information and if needed there are contact details. We also have a Twitter account, viewed on our web site, so that we can post reminders and important information i.e. pool closures.

Staff Meeting

We have just had a staff meeting attended by most of our Teachers and some of our younger helpers. They all gave their Saturday afternoon up to discuss our clubs activities.

Training and discussion took place on session/course planning, planning this current course, future training and how we can cope with shortage of adult help on Thursday evenings.

After the evening we had a social event where we were joined by family members.

We have two meetings every year open to all staff plus a meeting at the end of each term open to teachers so that we can evaluate the last course and plan the next course which depends on results from assessments.

Derek, one of our senior teachers made a comment: -

“It was a little disappointing not to have seen more at our meeting / BBQ Richard puts on a really good show and it takes a lot of his time to organise. To me this is a message that the seniors (total age about 350 years) should re think the format and get the views of the younger group who, after all are the future of the R Y S.”

Keeping Safe

Some points to remember:

It is dangerous to swim in the sea, rivers, canals lakes and ponds. Never swim alone, always have an adult present.

These waters are often a lot colder than our indoor pool, you may be able swim a long way in a heated indoor pool but it is a lot different swimming in cold water.

If you see someone having problems in the water get adult help, do not try to rescue them. Trained life-guards let someone know they are going to attempt a rescue, even at the pool.

Visit us at: - rushmooryouthswimming.org.uk

and follow us on twitter

