

Rushmoor Youth Swimming

A member of Rushmoor Swimming Association

Newsletter—March 2013 Issue 5



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.

We plan to issue news letter with the enrolment forms at the start of each term but for more information about us, full details of course requirements, our programme and lots more including links to other RSA (Rushmoor Swimming Association) can be found on our web site.

Important dates for 2013

Term start dates: -

July 11th 2013

November 7th 2013

Assessment dates: -

June 20th 2013

June 27th 2013

Distance swim dates

July 4th 2013

October 31st 2013

December 19th 2013

At the July & October swims pupils can attempt up to 200m from 6:30 to 7p.m. or longer distances from 7 to 8p.m. The December swim is long distances only (From 1000 to 5000 metres only starting at 6pm end by 9p.m.

Distances over 100m must have a reasonable stroke.

Distance badges with certificates available—cost £1.50

December 26th—No swimming

Help Required

We are getting desperate for help on the pool side, Some of our staff are trying to cover more roles than they should, We need adult help on the poolside with admin and safeguarding. If you can help please talk to Mick. DBS Checks will be required

Derek Wood MBE

Congratulations to Derek on receiving his MBE at the New Year for services to the community in Farnborough, Hampshire. As well as teaching with us Derek work in the community include teaching with the Mallards (disabled swimmers, work at the Community Centre plus many other roles, too many to mention in this article.

Web Edition

Our newsletter comes in 3 editions: -

- 1 For pupils and parents, this give specific information for the class pupil has enrolled for, time of lesson, assessment date and time, additional clothing (if required) and an enrolment form to be removed an handed to course teacher.
- 2 For Staff, this gives information on what class they are working with, a pool plan, information on meetings and training events etc.
- 3 The web edition, open to all who wish to view our newsletter.

We are always on the lookout for more help on the poolside, especially qualified swimming teachers. We run the STA's ISWSS scheme from Octopus to Water Safety Gold. If you can help please contact us, times and contact details available on the site. All staff require an enhanced CRB check before starting with us.

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Talking to staff

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.

40th Anniversary

This year will mark our 40th year, back in 1973 youth organisations in Farnborough got together to run swimming lessons for their members. Although we became independent some time ago we still have the same objectives and give priority to members of registered youth organisations in Farnborough.

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 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.

Visit us at: -

rushmooryouthswimming.org.uk

and



Supervision of pupils.

Parents are responsible for the care and supervision of pupils in the changing rooms and whilst waiting for lessons to start. Parents should ensure children use the toilet and shower before lessons. Our staff take over supervision at the start of lesson registration and we ensure the children exit and clear pool area safely.

Staff news Congratulations to Leah on gaining her Level 1 Teacher's certificate and we wish Melissa and Elisabeth all the best with their Level 1 courses.



Notice Board

We have a notice board at the Centre, it is in the corridor if you turn left when exiting the changing room.

Christmas distance swim

Congratulations to all those who took part in our annual long distance swim. The average distance covered by our members topped one 1.5 miles over 2500 metres

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 and / or cover eyes.

The Swimming Teachers Association

We follow the International Learn to Swim programme from Octopus to Shark series then the Water Safety Awards Bronze, Silver & Gold Awards. With our aim to ensure as many children are safe in the water we stop at this level. If a pupil wishes to continue with swimming, they can choose a route through various Rushmoor Swimming Assoc. clubs.

Pool Plan

6:30 p.m.

Octopus 1	Goldfish 1	F S C
	Angelfish 1	
	Goldfish 2	

7 p.m.

Octopus 2	Angelfish 2	Shark 1
	Shark 3	Angelfish 1
	Goldfish 2	Goldfish 3

7:30 p.m.

Octopus 3	Angelfish 2	Shark 1
	Bronze & Gold	Shark 2
	Angelfish 3	Goldfish 3