

Rushmoor Youth Swimming

A member of Rushmoor Swimming Association

Newsletter—July 2013 Issue 6



Badges and Pool Fees

The cost of all badges and pool fees have gone up. Badges with certificates are now £1.60, an increase of 10p. Pool hire costs have risen by about 3%. As we have already purchased badges for the Christmas long distance swim I will not have to pass on this cost for distance badges until next year.

Rushmoor Youth aim to keep cost of lessons as low as possible and has decided to hold course fee to £20 for another year.

This is only possible as all our staff are volunteers, they work with us for only one reward—knowing that they are teaching a very important life skill to our young pupils.

We are still looking for adult help on the poolside:— Teachers,

safeguarding / pupil welfare and general observation / supervision.

All our staff will require a DBS (old CRB) check prior to helping us.

If you can help in any way talk to Mick or Richard.

Important dates

Term start dates: -

October 31st 2013

March 20th 2014

July 10th 2014

Assessment dates: -

Oct. 17th & 24th 2013

Mar. 6th & 13th 2014

Distance swim dates

Long distance (1000m +) —21st November 2013

Up to 1500m—3rd July 2014, 23rd October 2014

At the distance swims pupil can attempt up to 200m from 6:30 to 7p.m. or longer distances from 7 to 8p.m.

Distances over 100m must have a reasonable stroke.

Distance badges with certificates available—cost £1.50

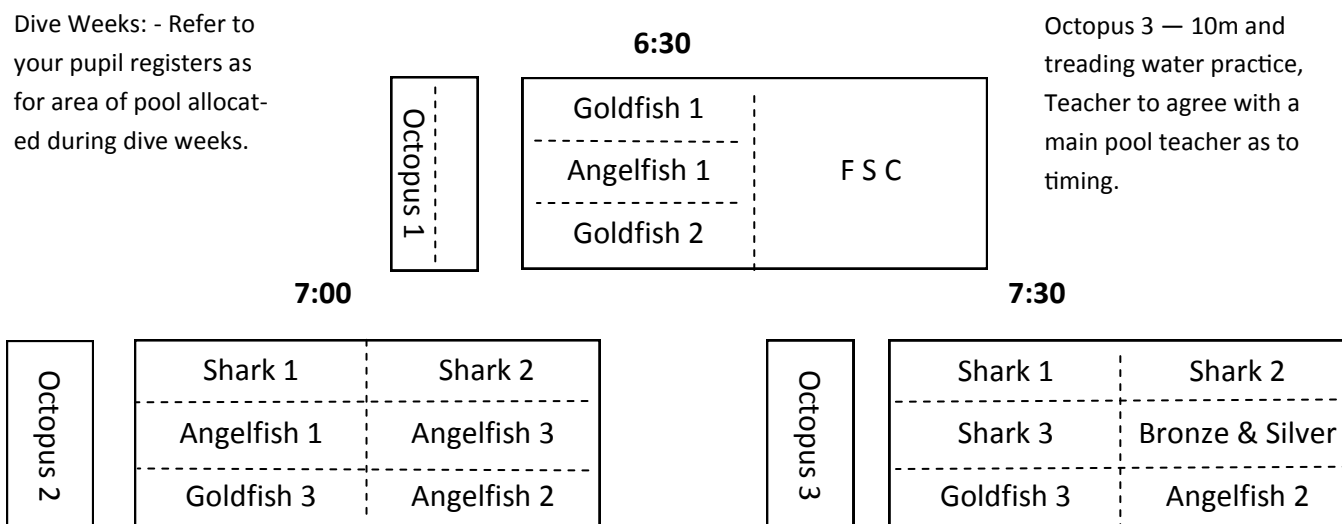
The pool will be closed for maintenance from 23rd November 'till Christmas. We have adjusted course date to allow for this.

Ray Ledgerwood

Ray was a teacher with us for over 36 years most of the time working in the teaching pool with beginners, he also taught for Rushmoor Mallards (the section of the RSA teaching people with disabilities), he retired from volunteer teaching back in 2009. Unfortunately passed away on the 23 April aged 89.

Pool Plan for current term

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



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

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Goggles

We prefer that children learn to swim without using goggles but if your child is happier wearing them, need prescription goggles or has a problem with reactions to the pool water ensure they are fitted correctly.

If they are too tight they cause problems to the eyes (past graduate medical journal) or cause headaches, if too loose will leak and have no effect.

Long distance swim 21st November, this annual event has been brought forward due to the pool closure, this is a chance pupils to swim continuous for up to 3 hours swimming up to 5000m

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

follow us on


Staff news

Wendy joined the team during the last term responding to our request for help.

Congratulation to Melissa on gaining her level 1 teacher's certificate and we wish Elisabeth all the best with her Level 1 course.

Our summer staff meeting held last month attended by most of our teachers and helpers we looked at how to improve our teaching, discussed December's pool closure plus other matters. Richard issued a new guide he has produced with a large amount of information on teaching all the elements covered by our current course criteria.

Parents & Pupils—I would like you to participate in the newsletters, if you have anything you would like to add to future news letters please email: -
Richard@rushmooryouthswimming.org.uk

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.



Some of our General Rules

- 1 Parents are responsible for safety and welfare of their children prior to and after lessons.
- 2 Do not interrupt teachers during lessons.
- 3 Pupils should shower before lessons
- 4 Overshoes provided by centre should be used on the poolside
- 5 Do not obstruct the fire exit or exit routes
- 6 Distance swims—reasonable strokes required above 200 metres.
- 7 Inform Mr Bright of any changes of information given on enrolment form
- 8 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
- 9 For emergencies a parent, or someone with parental consent, should be on the poolside during lessons.

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 DBS check before starting with us.