

# Rushmoor Youth Swimming

A member of Rushmoor Swimming Association

## Newsletter—January 2012

Issue 1



### Introduction

Welcome to our first news letter. We plan to produce future issues from time to time to update parents, pupils and staff of future dates, issues etc.

Please read the news letter and if you have any comments please speak to Mick or Richard on the pool side (when they are not teaching)

### 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.

### Distance Swim

Congratulations to all who swam on the 23rd December. The standard of swimming was good.

Very well done to Will with his 4 mile swim he did this in just over 2 hours.

Then younger swimmers: -

Abbie, Brian, Claudia & Tom all swimming 5000m (over 3 miles), the longest distance badge available

Jade & James—3000m

Plus all the others swimming a minimum of 1500m



### 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](http://rushmooryouthswimming.org.uk)

### Help Required

We need help on the poolside, all our staff offer their time free of charge, no one associated with the club get any monies for the work they do.

We are in need for more adult help on the pool side with supervision, teaching and maybe just answering questions from parents.

Most of our staff have either stayed on after finishing lessons with us assisting our teachers with younger pupils, some have joined us as parent helpers. If they wish to gain a professional swimming teaching qualification we can offer assistance with cost of courses initially then eventually ensuring full cost is covered.

If you are willing to help, especially if you have swimming knowledge please contact Mick or Richard

**Note:** - All helpers will need a CRB disclosure on joining our team.

### Thanks

I hope you can join me in thanking all those who have and continue to help us with running our swimming school.

We started thinking about forming the school back in 1972 some 40 years ago. Rushmoor Youth Swimming was established in 1973.

Little did I realise that what must be about 3300 plus pupils and 40 years later I would still be coming on Thursday nights teaching children to swim.

Richard Bright—Course administrator

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### Important dates for 2012

#### Terms: -

We run 3 terms each year, normally of 14 weeks duration, at the end of each term pupils are assessed during a further 2 weeks. We do not stop for holidays.

Start dates: -    March 8th  
                              July 5th  
                              November 8th

#### Assessment dates: -

At the end of each course we have two test nights your enrolment form lets you know which one your pupil has to attend. We can not guarantee that an alternative assessment time is available. If you lose the details then you can either check on our website or look on our notice board which is situated a bit further along the corridor from the entrance to the changing area.

Dates : -    February 23rd or March 8th  
                      June 14th or June 28th  
                      October 18th or October 25th  
                      February 28th or March 7th 2013

#### Distance Swims

These are days when pupils can gain a distance swim award, the STA (Swimming Teachers Association) have a series of distance badges from 5 to 5000 metres, pupils who complete our Octopus 3 course gain the 10 metre badge before we allow them to start the Goldfish series of lessons.

The June and November dates 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

Dates: -    June 28th  
                      November 1st  
                      December 20th

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

#### Staff meetings: -

These are to get together and discuss progress of pupils, staff training and any other issues that arise within the school. We have two full meetings each year.

Summer    23rd June  
Winter    14th December

### Rushmoor Swimming Association

The Rushmoor Swimming Association (RSA) was set up to act as an intermediary body between the users of Rushmoor Pools and the Council. With regular meetings the various clubs discuss joint issues and if needed relay them back to the council and pool management. Rushmoor Council and DC Leisure are represented at the meetings. The RSA book the and pay for pool hire, we pay the RSA for our pool time.

#### RSA Clubs: -

Aldershot Adult Swimming Club  
Aldershot Youth Swimming Club  
Farnborough Swimming Club  
Rushmoor Dolphins  
Rushmoor Mallards  
Rushmoor Royals Swimming Club  
Rushmoor Syncro Swimming Club  
Rushmoor Youth Swimming School

Through the RSA we get a fair hire cost and it is easier for us to discuss issues with the Centre Management.

### Keeping you informed

As we approach our 40th year (2013) and hopefully beyond we plan to keep staff, pupils and parents more informed and up to date. We have our web site, a notice board at the centre (to the left as you exit the changing room) and now a newsletter.

**Parents**, if you want to talk to a member of staff on a Thursday there is normally someone available not teaching. **Please do not interrupt a teacher or instructor during a lesson.**