

# Rushmoor Youth Swimming

A member of Rushmoor Swimming Association

Newsletter—Issue 16—Web edition

November 2016



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## 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.

Gaining the basic aquatic (water) skills such as moving through the water, learning to breath when face goes in and out of the water, feeling how buoyant the body is and general confidence when in the pool are all important skills needed to be safe in the water.

## Water Safety Questions

Octopus and Goldfish pupils have to answer 2 questions from a list of 10 as part of their end of term assessment. Parents can help teach this element of the assessment. A list of questions with possible answers can be found on our web site link can be found through courses, then Octopus or Goldfish.

## Congratulations

Steve on passing your Level 1 Teacher's Course and thanks for giving up a week's holiday to complete it.

## Important dates

### Term start dates: -

16th March 2017  
13th July 2017  
9th November 2017

### Assessment dates: -

March 2nd & 9th 2017  
June 22nd & 29th 2017  
19th & 26th October 2017

### Distance swim dates: -

Distance swims for up to 1500m / 1 mile: - 6th July 2017 & 2nd November 2017

Long distance swim 22nd December 2016—1500m or more (a 3 hour session)

## Supervision on the poolside

We are still encountering problems with the lack of parental supervision prior to and after lessons. It is important that there is a person with parental responsibilities supervising children in the changing room, shower area and on the poolside prior to and after lessons. The Centre's policy states that children under 8 must be supervised with a ratio of 2 children to 1 adult, 70% of our pupils are covered by this policy—Our rules are that all pupils are supervised.

## Rushmoor Youth Swimming is an independent swimming school initially set up by various youth groups, Boys Brigade, Guides, Scouts, St John etc. with the aim of teaching their members to swim to the requirements of their training programme. Although we are no longer closely linked to these groups we continue to give preference to children who are members of youth groups within Farnborough. All our staff are unpaid volunteers.

**Staff Meetings—16th December 2016—** Winter staff meeting at the Leisure Centre commencing 18:45 the meeting will be followed by a Bowls session for those interested. **January 2017—** Informal get together over an evening meal.

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## Pool plan for next term

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

7:00

Octopus 1

6:30

|             |       |
|-------------|-------|
| Goldfish 2  | F S C |
| Angelfish 1 |       |
| Goldfish 1  |       |

7:30

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

Octopus 2

|             |             |
|-------------|-------------|
| Goldfish 2  | Goldfish 3  |
| Angelfish 3 | Shark 1     |
| Goldfish 1  | Angelfish 2 |

Octopus 3

|             |          |
|-------------|----------|
| Angelfish 3 | Shark 2  |
| Shark 3     | Shark 1  |
| W S Bronze  | W S Gold |

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## **Christmas Period**

1. **Long Distance Swim 22nd December**—For many years now we have joined forces with Farnborough Swimming Club to enable pupils to attempt longer distance swims. Farnborough Swimming Club use this week as their only distance swim session during the year, we run 2 shorter distance swims each year, one after the Spring term, one after the Summer term. Our session is aimed at our more advanced swimmers (Shark & Water Safety classes) with pupils aiming to swim 1500 metres or more, in the past we have had pupils swim over 5000m. Our swim starts with registration at 18:00 (6p.m.) with swimming starting as soon as possible (18:05). No pupil will be accepted for a swim after 18:30. Swimmers must have a reasonable stroke/s and will need to swim continuously, they can continue swimming until 21:00. There are no lessons in the main pool for other pupils, Octopus 1, 2, and 3 pupils will have lessons in the teaching pool.
2. **29th December**—We will not be running lessons this week, we will be using the pool as an inset session for our staff (at least our staff training day is during the holiday period not normal term time).
3. **5th January 2017**—Normal lessons will resume, we have extended the term by 1 week so that assessments do not take place during the February school's half term.

**Last term details**—Pupil Numbers: - 120 pupils in the 18 classes averaging about 7 per class. 88 pupils reaching the require standard to progress. 20 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. 12 pupils were absent from assessments of which 7 were expected to pass.

### **The Web**

Visit us at: -

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

Twitter: [@rushmooryouth](https://twitter.com/rushmooryouth)

Facebook: [rushmooryouth](https://www.facebook.com/rushmooryouth)

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

### **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

**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](mailto:Richard@rushmooryouthswimming.org.uk)