

Rushmoor Youth Swimming

A member of Rushmoor Swimming Association



Newsletter—Issue 17—Web Issue



March 2017

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.

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.

Long Distance Swim

In conjunction with Farnborough Swimming Club we had a successful long distance swim on the 22nd December 16, only 12 pupils took part swimming up to 3000m. Well done to all.

Congratulations

Alarnie on passing your Level 2 Teacher's Course also to Jade and Natalie on passing their Level 1, thanks to all three for giving up a week's holiday to complete the courses.

Important dates

Term start dates: -

- 13th July 2017
- 9th November 2017
- 15th March 2018

Assessment dates: -

- 22nd & 29th June 2017
- 19th & 26th October 2017
- 1st & 8th March 2018

Distance swim dates: -

- Distance swims for up to 1500m / 1 mile: - 6th July 2017 & 2nd November 2017.
- Long distance swim 21st December 2017—1500m or more (a 3 hour session)

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 Meeting—The June meeting that includes the AGM will be held on the 25th June.

Rushmoor Swimming Association Volunteer of the Year Award

In memory of Derek Wood's service to swimming the RSA choose a volunteer of the year from people nominated by associate clubs.

Doreen Bates of Farnborough Swimming Club was chosen for 2016, our nominee chosen by ballot of our staff was Steve Edwards, Steve is pictured overleaf relaxing in the pool at our Christmas training session.

Reminder—we continue lessons during the Easter school holidays.

We continue lessons throughout school holidays, we only close if the centre closes—normally this is for Christmas and New Year.

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	

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

7:30

Octopus 2

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

Octopus 3

Shark 1	Shark 2
Shark 3	WSB&S
Angelfish 2	Goldfish 3

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Steve—good luck next month on your level 2 teacher's course

Staff Training Session

During the Christmas / New Year break we took the opportunity to run a training session for our staff, we had a good turn out and worked through a number of the aquatic skills our pupils need as they progress from beginners to competent swimmers. Richard covered a fair bit of the evening's session drawing on his 50+ years of experience teaching swimming. Chris helped with his knowledge as a qualified ASA Diving Coach. A couple of pictures above, some of our team in the pool.

Last term details—Pupil Numbers: - 119 pupils in the 18 classes averaging about 7 per class. 91 pupils reaching the require standard to progress. 17 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. 11 pupils were absent from assessments of which 5 were expected to pass.

The Web

Visit us at: -

Our web site: rushmooryouthswimming.org.uk

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

Other clubs in Rushmoor: 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

Staff

All our staff are unpaid volunteers

Chairman—Mick Perry

Course Administrator—Richard Bright

Enrolment Secretary—Jackie Kedge

Poolside Manager—Jo Travers

Welfare Officer—Lauren Browne

Web Master—Chris Gillman

Qualified Teaching Staff

ASA & STA Level 2 Teachers —Richard Bright, Chris Gillman,

ASA Level 2 Teacher —Alarnie Yeomans. ASA Teacher —Beryl Yeomans

ASA Level 1 Teachers —Jade Allen, Natalie Davidson, Steve Edwards*

Teachers—Deborah Down, Anja Harwood

Club Instructors—Mick Perry, Graeme Perry

Aquatics Helpers—Jo Gould, Nina Harwood, Bernard Solomon, Cally Travers

* Steve is taking his Level 2 course in April