

Rushmoor Youth Swimming

A member of Rushmoor Swimming Association

Newsletter—November 2012 Issue 4



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. More information about us and our programme can be found on our web site.

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.

Course Fees

Unless previously agreed with the treasurer (through Mick, our chairman) any pupil who's fees have not been paid within the first four weeks of the term (by end of November) will be removed from the course and replaced by a child from our long waiting

Important dates for 2012/13

Terms: -

Start dates: - March 14th 2013
July 11th 2013
November 7th 2013

Assessment dates: -

This term: - **February 28th 2013**
March 7th 2013

Distance Swims

Dates: - December 20th 2012 (Long distance only)
July 4th 2013
October 31st 2013
December 19th 2013 (Long distance only)

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.

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

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

Our Staff

All our staff give up their time on a Thursday evening and, in most cases, at other times during the week, do so as volunteers, they do not receive any pay nor do they claim expenses.

Web Edition

Issue 4 of our newsletter has been linked to the new course enrolment forms and 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.



Staff

Last term we had to say goodbye to Laurian, she has been helping us for 7½ years after learning to swim with us for 5½ years. We wish her all the best and success at university and hope to regain her valued help when she completes her studies.

We also welcome back Beryl a teacher who's commitment to Scouting meant she was unable to volunteer with us for a few years.

More help is needed so if you can help speak to Mick on the poolside.

Talking to staff during lessons

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

Long Distance Swim

We will be having our annual long distance on 20th December, this means there is no normal swimming lessons in the main pool on that evening. Only pupils wanting, and able to swim 1500 metres or more should attend.

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.

Overshoes

Please remember to use the overshoes supplied by the centre on the poolside—this is important for hygiene and keeping poolside clean

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



Spectators

Spectators, including parents should keep to the route round the pool via the teaching pool end and not walk to the seating area either between the pools or via the main pool end.

Additional Swimming

Over the 14 week term a pupil learns with us for 7 hours, ideally they need spend a bit more time in the water practicing their skills and increasing their abilities and confidence in the water. If you don't already please consider taking your child swimming at other times.

Pool Plan

