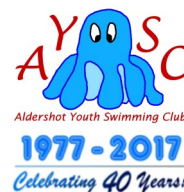


# Aldershot Youth Swimming Club

A member of Rushmoor Swimming Association

## Newsletter – Autumn 2018



Autumn 2018

Welcome to this edition of our newsletter and especially if you & your child are new to our swimming club. Please do take the time to read this newsletter as it contains lots of useful information for you.

### Short Distance Swim - 18th July 2018

We had 3 swimmers arrive for the short distance swim before the summer holidays. They swam well and achieved great distances. Well done to the following swimmers and a big thank you to Abbie and Sophie for organising the swim during the evening.

1. Alex Salter - 1500m
2. Katie Hurcombe - 400m
3. Kieran Floyd - 400m



### Student Teacher Qualification

Well done to Sophie, Millie & Masie & for successfully passing their STA student teacher workshop back in March.

### ASA Level 1 Assistant Teacher

Well done to Ellan for successfully passing her level 1 assistant teacher qualification at the start of August. We wish Ellan well as she starts to teach and continues to assist with lessons within our club.

### Beavers and Cubs - Water Safety Swimming Lesson

At the end of last term we invited along two local beaver packs and a local cub pack to take part in a fun water safety swimming lesson. 1st Aldershot Beavers and 14th Aldershot Beavers and Cubs very much enjoyed the evening and all left with a certificate and an STA health and wellbeing booklet to read - photo on the right.

### Key Dates for this term

5th September 2018 - Autumn term begins  
24th October 2018 - Half Term - lessons as usual  
5th December 2018 - 1st Test Night  
12th December 2018 - 2nd Test Night  
19th December 2018 - Short Distance Swim

A full calendar can be found on our club website.

### Swimmers - Please Note

Each week all pupils should use the toilet, blow their nose and shower before entering the water. Parents of younger swimmers should ensure their children carry out these three actions before their swimming lesson.

### Parents - Hygiene Overshoes

'Places for people leisure' have asked us to ensure that parents and other spectators wear the blue over shoes provided when on the poolside. If the containers are empty on a Wednesday evening, then do speak to one of us and we will speak to the lifeguards to bring some more out to fill up the containers.



Sunday 29th April  
12 Noon - 3pm  
**SWIMATHON**  
Signup fee - £2

### Sponsored Long Distance Swim

We held our long distance swim raising money this year for cancer research UK. Distances ranged from 4000m down to 1 Mile! The total amount raised was £34.30 Well done to following swimmers for taking part in the swim.

1. Leah Flynn - 4000m
2. Eva Flynn - 4000m
3. Amy Machut - 2000m
4. Daniel Karlsson - 2000m
5. Alex Salter - 1 Mile

### Supervision on the Poolside / Changing

While our teachers are responsible for your children during their swimming lesson, we do ask for your help supervising your children before and after their lesson in the changing rooms and out on the poolside. If you do come across any children misbehaving then do come and inform Linda or Lesley who will deal with it appropriately with the children concerned.

### Extra Clothing Required

Swimmers in Angelfish 2 and above are required to wear additional clothing for their lessons and their tests. Please check on the website as it is important your child gets practice wearing additional clothes while swimming in their lessons.

### All Swimmers - Please note

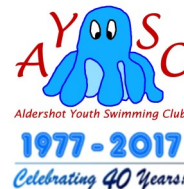
We now operate a 5 minute delay at 6pm so assist the lifeguards in preparing the pool for our club after the centres own swimming lessons have finished. One long blast on the whistle to indicate change over will be used at 6:35pm, 7:05pm & 7:35pm. Please ensure your children arrive 5 minutes before so they are ready for the start of their lesson. 6pm Swimmers will need to queue down the corridor to ease the congestion on the poolside before we take over. When we invite parents and swimmers on to poolside at 6pm, please help us by sending your child around the pool to find their class teacher.



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### Club Test Dates - 5th & 12th December 2018

At the end of each course we have two test nights. You can find out your child's test date & time on our club website and notice-board. You must ensure your child is available to be tested on the test night as we cannot guarantee that an alternative assessment date or time is available.

### Swimming courses / Distance Swim - Certificates & Badges

At the end of each term we run a short distance swim. Certificates and badges can be purchased afterwards for £1.50.

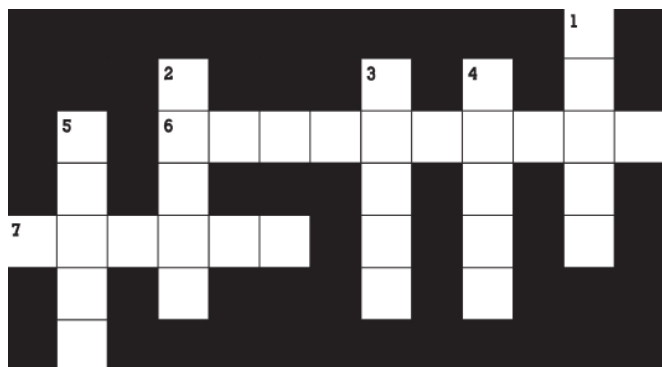
The cost of the certificate and badge after your child's test is included in your course fee for the term.

### Swimming at Weekends

Please remember to take your children swimming at weekends to give them a good chance of developing their strokes and skills for their tests. A swimming lesson once a week is often simply not enough for your child to learn to swim and be confident in the later.

### STA Partnership with the Scout Association

The STA have teamed up with the Scouts to support their five staged swimmer badges. If your child is in cubs or scouts and they would like to achieve these badges *then do come and speak to us and we will* check your child's progress and hopefully sign your child's badge book.



### Changing rooms / lockers

Please ensure that your children are using the lockers provided and not leaving their belongings out on the benches. With 30-40 swimmers at each session there is not room to leave belongings out unattended.

### Water Safety Questions

Each Octopus and Goldfish class will be asked two water safety questions as part of their swimming lessons and their test. You can lookup these questions to teach your child at home by looking on our website.

### Facebook Reminder

As well as our website, our club also has a Facebook page. We use this to publish information and changes to our club calendar and in the unlikely event of any pool closers. 'Like' us today to keep yourself informed on our club news.

### Our Committee (Effective from July 2018)

Chris - Chairman & Level 2 Teacher  
Lesley - Front Desk Secretary  
Linda - Swim Leader & Welfare Officer  
Louise - Waiting List Secretary  
Ludmila - Club Treasurer  
Angela - Badge Secretary & Level 2 Teacher

### Poolside Volunteers

Andy - Swimming teacher  
Richard - Swimming teacher  
Charlotte - Level 2 teacher

Mandy - ASA Level 1 teacher  
Nicole - ASA Level 1 teacher  
Sarah - ASA Level 1 teacher  
Ellan - ASA Level 1 teacher

Abbie - ASA Aquatic Helper  
Sophie - STA Student Teacher  
Millie - STA Student Teacher  
Masie - STA Student Teacher  
Amy - Club Water Helper

### Across:

6. Even the most confident swimmers can face ..... in water.  
7. Lifeguards usually wear ..... t-shirts.

### Down:

1. If you see someone in difficulty, don't get in or go near the .....  
You might get into difficulty yourself.  
2. If you see someone in difficulty in a swimming pool, call the lifeguard or another ..... who will be able to help.  
3. These tell you what to do and what not to do.  
4. Always obey pool .....  
5. This coloured flag means the water is calm. This doesn't make the water safe, you must still be careful and look for areas where a lifeguard is present.