

Aldershot Youth Swimming Club

A member of Rushmoor Swimming Association

Newsletter – Autumn 2019



Aldershot Youth Swimming Club



Autumn 2019

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 - 24th July 2019

We had 11 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 Ellan & Amy for organising the swim during the evening.

1. Ben Woodman - 1 Mile
2. Alfie Riccio - 1 Mile
3. Caleb Strauss - 1000m
4. Imeila Hurst - 1000m
5. Freddie Woodman - 600m
6. Prosper Awe - 600m
7. Josh Strauss - 600m
8. Thomas Pullen - 400m
9. James Blair - 400m
10. Max Blair - 200m
11. Emily Blair - 100m



Student Teacher Qualifications

Well done to Louise and Amy who have successfully completed and passed their student teacher qualifications back in July! The photos below shows the course during the classroom session back in June.



August 2019 - Beaver Swimming

For two weeks during August we invited 1st Aldershot & 14th Aldershot Beavers down to the pool for a special water safety swimming lesson which they very much enjoyed. Thank you to all the volunteers who helped out during these two evenings! The two groups are on the right of this page.

Parents - Hygiene Overshoes

'Places 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.

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.

Key Dates for this term

- 4th September 2019 - Autumn term begins
- 30th October 2019 - Half Term - lessons as usual
- 4th December 2019 - 1st Test Night
- 11th December 2019 - 2nd Test Night
- 18th December 2019 - 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.

Supervision on the Poolside / Changing Rooms

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.

We are not responsible for your children before and after their swimming lesson on poolside or within the changing rooms. All parents must remain on site while your children are in their swimming lesson.

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.



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Club Test Dates - 4th & 11th December 2019

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 £2

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

Our Committee - Effective from March 2019

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

Poolside Volunteers

- Andy - Swimming teacher
- Richard - Swimming teacher

- Angela - Level 2 teacher
- Nicole - Level 2 teacher

- Mandy - Level 1 teacher
- Ellan - Level 1 teacher
- Abbie - Level 1 teacher

- Amy - STA Student Teacher
- Millie - STA Student Teacher
- Maisy - STA Student Teacher
- Sophie - STA Student Teacher
- Louise - STA Student Teacher

- Emma - Club Water Helper
- Ciara - Club Water Helper

Volunteer Summer Social

Our volunteers enjoyed their end of term Summer Social back in July at Farnborough Bowl. Thank you to all volunteers for everything you do to make our swimming club a success !

Swimmers activity corner

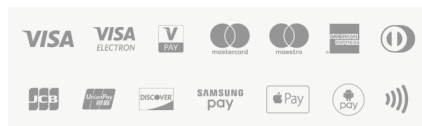
Why not have ago at this Water Safety word search opposite ?

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.



We now accept card payments for enrolling your child each term.



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.

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.

- Scout stage 1 - Passed Angelfish 3
- Scout stage 2 - Passed Shark 3
- Scout stage 3 - Passed Water Safety Bronze
- Scout stage 4 - Passed Water Safety Silver
- Scout stage 5 - Passed Water Safety Gold



Water Safety Awareness

Inland Water Word Search

S	C	S	Z	V	T	B	D	O	Y	W	G	L	K	I	M	K	C	X	Z
T	Y	X	M	P	A	X	G	T	T	C	H	N	S	P	P	W	I	M	
A	U	R	B	L	B	G	Q	N	I	U	L	Y	A	D	T	L	W	Y	Z
O	K	T	G	U	H	J	S	I	I	B	Z	W	B	R	Z	V	T	Z	W
B	B	V	Y	X	T	C	B	H	Q	L	R	E	D	A	M	E	L	F	M
B	D	P	O	H	U	U	A	C	W	F	I	N	N	Z	F	E	J	L	I
I	R	T	M	Q	H	Z	K	E	E	M	U	A	A	A	L	O	N	E	Z
G	G	A	N	O	I	S	I	V	R	E	P	U	S	H	O	V	W	R	G
F	U	F	G	F	Q	B	R	A	K	V	N	T	N	F	O	C	G	H	P
O	A	H	Y	O	O	Q	P	E	J	M	F	M	C	J	D	A	M	R	X
T	X	S	T	U	Y	I	G	K	Z	L	A	K	E	A	I	R	X	A	D
E	N	T	N	D	D	E	F	A	O	K	V	E	N	A	N	H	O	Z	D
A	Q	T	U	S	G	N	V	W	V	W	G	G	I	S	G	A	V	W	I
S	E	O	O	R	H	I	I	A	J	D	E	J	E	U	G	U	L	O	N
N	P	C	L	W	O	N	E	T	M	R	K	Z	V	C	F	V	D	T	H
L	K	C	C	U	G	X	G	E	S	I	H	D	J	Y	P	Z	B	Y	Y
V	A	Y	O	V	N	J	R	R	I	V	Q	U	Y	M	F	G	H	F	W
A	H	B	M	V	D	N	A	K	P	E	K	B	C	C	A	G	W	M	B
W	G	D	P	J	D	J	Z	B	H	R	Z	W	N	L	P	X	J	H	W
V	J	T	J	T	P	T	R	C	L	V	D	B	E	L	U	G	Z	I	J

- | | | | |
|---------|--------------|--------|-------------|
| Alone | Drown | Nine | Sand bank |
| Boats | Fast flowing | Rapids | Supervision |
| Canal | Flooding | Reach | Wake |
| Dam | Hazards | River | Water |
| Dangers | Lake | Safety | Sailing |