

March 2016
ISSUE 6 4 pages

ESTABLISHED 1985

ABC DIARY Spring Term Last Sessions

Saturday 19th March
Tuesday 22nd March
Wednesday 23rd March

Summer Term

Tues 12th April - Sat 9th July
No swimming half term
31st May - 5th June

Distance Stars!

Distance Session
Sunday 28th February

On Sunday 28th February we had 40 swimmers attend the session and swim distances from 20m - 2000m. Special congratulations to Louise and Charlie (below) for completing their 2000m.

Crash Courses

at Easter group and one-to-one lessons available. Eric Liddell Sports Centre 29th, 30th, 31st March & 1st April and 4 - 7th April 4 day courses

You can sit and watch!

SEE FLYER ON PAGE 4



TEACHER TRAINING CENTRE AQUABILITY
ABC Swim School

4 DAY SWIMMING CRASH COURSES FOR CHILDREN
QUALIFY 30 MINUTE SWIMMING LESSONS WITH QUALIFIED ASA LEVEL 2 TEACHERS AND TRAINER LEVEL 2 TEACHERS. SUPERVISED BY ASA TYRONE CORRA CRUST & ALISON BELL

EASTER 2016	
MARCH	29th, 30th, 31st March & 1st April
	2.15pm - 3.15pm
APRIL	5th, 6th, 7th, 8th April
	2.15pm - 3.15pm
SUMMER 2016	
JULY	25th - 28th July
	2.15 - 3.15pm
AUGUST	1st - 4th August
	2.15 - 3.15pm

ON MINUTE LESSONS & ONE TO ONE LESSONS. 30 MINUTE LESSONS & ONE TO ONE LESSONS. 15 MINUTE LESSONS & ONE TO ONE LESSONS. 10 MINUTE LESSONS & ONE TO ONE LESSONS. 5 MINUTE LESSONS & ONE TO ONE LESSONS.

PLACES AVAILABLE NOW! www.aquabilityttc.co.uk email: bookings@aquabilityttc.co.uk

Spaces Available!

We have a few places left on the Baby and Toddler lessons on Wednesday mornings 9.45 - 10.45am. We also now have Synchronised Swimming on Tuesdays 7.00 - 8.30pm.



Could YOU Teach?

If anyone would like to train as a lifeguard or swimming teacher please check out this website www.aquabilityttc.co.uk it is such a rewarding job!!



The success was clearly inspiring to everyone at the session. The children's determination to succeed was clear to all watching. Many parents came to watch at the and encourage their children. Congratulations to everyone who took part I hope you were really proud of yourselves.

The next distance session will be Sunday 19th June 11.30 - 1pm.

Look out for DIVING tips from Dash on page 2&3!





More fundamentals of learning to swim with ABC's "DASH" THE DOLPHIN!

F.R.E.E

- Floatation
- Rotation
- **Entry - DIVING**
- Exit

S.O.S

- Submersion
- Orientation
- Streamlining

C.A.B.S

- Co-ordination & travel
- Aquatic breathing
- Buoyancy
- Sculling

This month DASH looks at **ENTRY - DIVING INTO THE POOL**

FIRST - SAFETY!

- To learn to dive you need to have a depth of 1.8m and 7.6m clearance (the distance that is in front of you)
- Goggles should not be worn
- Toes should curl over the edge of the pool

There are 3 steps to learning to dive

Step 1 In the water practices

Springing. Jumping as high as you can from the pool floor with your arms stretched above your head. This helps with the springing from the poolside.

Rotating. Somersaults and log rolls help with learning to control your body and prepares you for the rotation in a dive to enter head first from poolside. Handstands are great fun and will help you get used to being upside down when you start to dive, remember if the water goes up your nose just hum!

Streamlining. Pushing and gliding from the side helps with the forward movement once you have entered the water.

Step 2

Jumping from the pool side.

Pencil jumps, star jumps, tuck jumps develop confidence and body awareness jumping into deeper water.

When practising jumping in, spring upwards using your leg muscles to help you take off.

Step 3

Hand position for diving

Extend out your left arm, grip your right hand across the left hand.



Kneeling Dive

Grip the poolside with your front foot, turn the toe of the back foot under. Arms extended and pointing to the water, keep your head down and look at your stomach. To enter the water:

- **Keep head down!**
- Lift hips and straighten your back leg
- Lean forwards
- Stretch into the water

LEARNING STAGES....

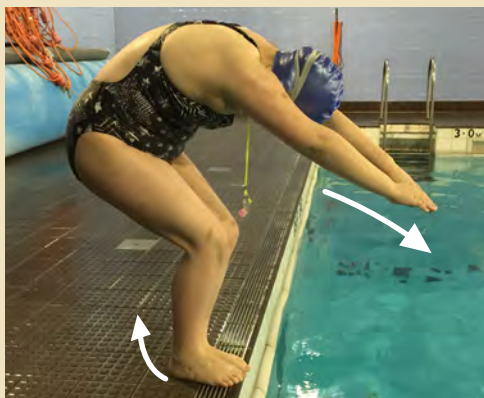


Sitting Dive

Sit on the side of the pool, with your feet on the trough. Arms extended and pointing to the water, keep your head down and look at your stomach. To enter the water:

- **Keep head down!**
- Lift hips press down on your feet
- Lean forwards
- Stretch into the water

**MORE
LEARNING
STAGES ON
PAGE 3.....**



Crouch Dive

Grip the poolside with your feet, bend your knees so you are at a comfortable height to the pool. Arms extended and pointing to the water, keep your head down and look at your stomach. To enter the water:

- **Keep head down!**
- Lift your heels up which will make you over balance, keep your head down
- Lean forwards
- Stretch into the water

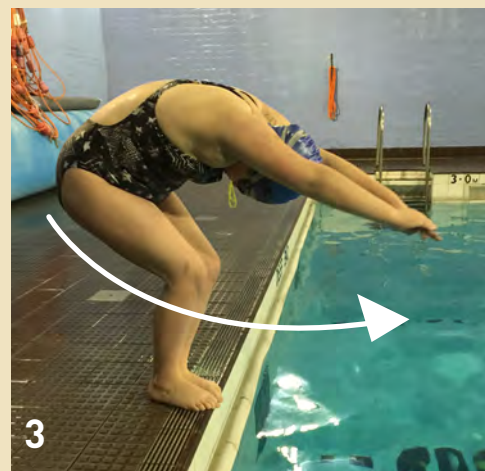
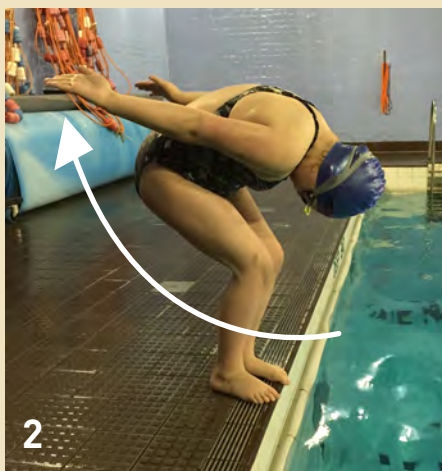
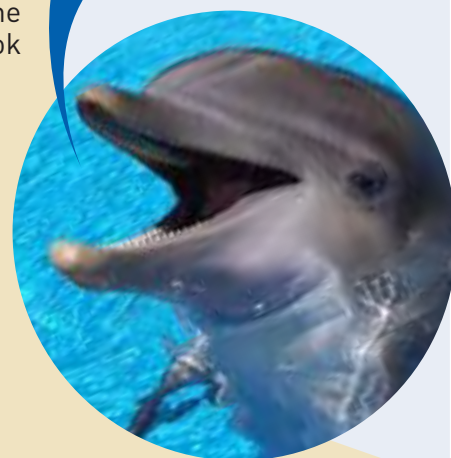


Lunge Dive

Grip the poolside with your front foot, turn lift the heel of the back foot. Arms extended and pointing to the water, keep your head down and look at your stomach. To enter the water:

- **Keep head down!**
- Lift up your back leg to help you rotate to dive
- Lean forwards
- Stretch into the water

Come see me at the ABC GALA on Sunday 10th July! Dashx



Plunge Dive

Grip the poolside with your feet, bend your knees so you are at a comfortable height to the pool.

1. Arms extended and pointing down from the shoulders
2. Swing your arms back
3. Swing goes under then forwards to build up some momentum

As your arms come forwards spring off the side with your legs keep your head down and look at your stomach. To enter the water:

- **Keep head down!**
- Lift your heels up which will make you over balance, keep your head down
- Lean forwards
- Stretch into the water

GO ON! TAKE THE PLUNGE!



Aquability Teacher Training Centre in conjunction with
Aquakids Swim School & ABC Swim School present....

4 DAY SWIMMING CRASH COURSES FOR CHILDREN

QUALITY 30 MINUTE SWIMMING LESSONS WITH QUALIFIED ASA LEVEL 2
TEACHERS AND TRAINEE LEVEL 2 TEACHERS -
SUPERVISED BY ASA TUTORS LORNA CRUST & ALISON BELL

at Eric Liddell Sports Centre
Ernest College, Seven Fark Road

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& 1st April
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SUMMER 2016

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AUGUST

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2.15 - 3.15pm

30 MINUTE LESSONS: 4 DAYS £30

ONE-TO-ONE 30 MINUTE LESSONS: 4 DAYS £60

To book email: bookings@aquabilityttc.co.uk

PLACES AVAILABLE NOW!

**ONE-TO-ONE
LESSONS
AVAILABLE**

www.aquabilityttc.co.uk
email: bookings@aquabilityttc.co.uk

