



Winter Term
12 weeks

Tue 8th Sep - Sat 5th Dec
Half Term: Tues 27th, Wed 28th & Sat 31st Oct

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.

Distance Session
15m +

30 minute session
Sun 15th Nov 11.30 - 1pm
Price: £10 (including badge and certificate)
Invites will be sent via email before half term

*Change of dates -
Wednesday evening only*

*Just a little reminder
there is no swimming
4th November due to an
open evening at the
college.*

*The last session is now
9th December 2015.*

**Synchronised
swimming Display**

The girls will be performing at Aquakids 28th November swimming to 'Salute' by Little Mix.

Good luck to the girls in the display

Crash course

Well done to all those you have taken part in the October crash course, it was great to see you all progressing and enjoying the water.



Distance Swim
15th November £7
Have you booked your place yet?

This is a great opportunity to get some experience at swimming in lanes and used to the depth of the water changing. The children are encouraged to swim from the deep end to the shallow end. For the swimmers that will be trying to do 10, 15, 20 and 25m there are teachers in the water to help encourage and support where needed. We can offer achievement certificates if they cannot make the distance badge they are down to do.

Those swimming distance 50m upwards are encourage to swim around the lane, so up one side and down the other. This may look easy but take a little while to master but with the support of the ABC staff we will guide them with this.

It is inspirational to watch children do their distance badges and in the past we have had parents with banners up outside the windows which was great fun.

If your child is in station 3 or 4 you still have time to book your place please email info@abcswimschool.co.uk

Notes....

Reports for this term

These will be sent out week commencing Monday 23rd November for the Tuesday pm, Wednesday am and Saturday pm classes. For the Wednesday pm classes reports will be sent out Monday 30th November 2015.

Collection of Stage Badges and Certificates

These will be available at the end of term. There will be ABC staff in the new room at the end of the corridor on the last two weeks of the course for the Wednesday and Saturday pm sessions.

Tuesday pm and Wednesday am classes we will have at the session and you can collect from the poolside.

Enrolment for January 2016

Invoices will be sent out week beginning 16th November 2015. The deadline for payment will be Saturday 12th December 2015. All payment details will be on the invoices.

Look out for DASH on page 2!

Alison



The fundamentals of learning to swim with ABC's mascot..... "DASH" THE DOLPHIN!



Hi swimmers! Let me introduce you to....

F.R.E.E S.O.S C.A.B.S

- Flootation
- Rotation
- Entry
- Exit
- Submersion
- Orientation
- Streamlining
- Co-ordination & travel
- Aquatic breathing
- Buoyancy
- Sculling

This month DASH looks at Flotation & Buoyancy

How do we float?

Everyone can float. It may not be at the surface, however we can all experience that feeling of support from the water. It can be a wonderful feeling and extremely relaxing.

Top tips for floating

- It is easier to float in wide shapes
- Taking a deep breath in this will give you that extra buoyancy from the air in your lungs
- Relax, stretch and stay still
- If floating on your back ensure your ears are in the water and you are looking up as this will help raise the legs
- If floating on your front be sure to hold your breath with your face down in the water this allows the legs to raise to the surface.

What shapes can we make?

- Stars
- Pencils
- Mushrooms
- Letter T
- Letter Y
- Letter X
- Partner work joining legs together in a W



Why do we want to be able to float?

Once we can float this enables us to have the confidence that the water will in fact hold us up. To be able to swim this is one of the first fundamental skills we need to learn. We need to trust that the water will hold us and not pull us under. Once we can float we can then develop other skills such as streamlining being as 'narrow as an arrow' in the water which allows us to move smoothly through the water.

This month's challenge when you go swimming

- What different shapes you can float in?
- Practice floating, breathing in and out and see what happens to your body when you blow out your air. Do you stay up or do you sink?
- Experiment floating with a partner.

Why not let us know how you get on?
info@abcswimschool.co.uk

Jai tells us how he has progressed in the pool and has now....

Cracked it!

At my first swimming lesson I was worried about getting into the water. Then I practised blowing bubbles and I then used a noodle to swim on my front. I began to kick my legs and blow bubbles.

I was worried about putting my face in the water until I did it for the first time. Then I became more confident at kicking my legs and putting my face in the water. Then I started to do all of it at the same time. I became more confident, and people kept on calling me a fish because I swam so fast with a noodle!

Then I took it one step more and swam with 2 floats on my front I kept on practicing and I became brilliant. Then I carried on with one float. I didn't feel any difference. Then I started doing push and glides on my front and I kept on floating to the other side without any floats!

I tried to swim towards Caroline (my swimming teacher) and I did, she made me swim out to her until I had done a whole width. I wanted a challenge and I did 2 widths and then 3 widths and then 4 widths! I got 4 badges.

Now I can swim and push and glide putting my face in the water and kicking my legs!

Jai

