

**ABC**  
**DIARY** **Spring Term**  
**11 weeks**  
Tue 5th Jan - Wed 23rd Mar  
Half Term: Tues 16th,  
Wed 17th Feb. Sat swim  
continues through half term

### 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.

### NEW YEAR RESOLUTIONS

- Be brave
- Believe I can
- Encourage myself
- Listen
- Smile more
- Have fun in the pool!

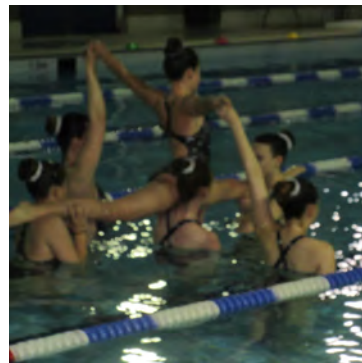
**More than just swimming at ABC Swim School in 2016.** At ABC Swim School we offer a wide range of aquatic opportunities, we have our baby and toddler lessons where we teach the adults to teach their small swimmers to swim and get used to enjoying activities in the water, over the past years we have encouraged and succeeded to get the most nervous little swimmers in the pool and having fun whilst learning. The success is outstanding and we will continue to adapt and meet the needs of all our swimmers.



In our **'ASA Learn to Swim Programme'** children aged 3½ - 16 years we give pride in the standard of our teaching and fun, game based approach to learning. We hope that many of our swimmers will enter our yearly Gala on Sunday 10th July 2016. We hope to see you there winning medals and being positive about the competition and achievement whilst having fun.



**Adult lessons** have been so motivating for me and the encouragement that you as adult learners give each other is outstanding and should be commended. Keep up the great work and let us help you reach your goal to use swimming as fitness for life and let the water become your friend for life, so you can enjoy the water when on holiday!!



### Synchro Lessons

Synchronised Swimming lessons have been amazing and the girls once again have been really supportive of each other. We have completed two displays and hope to do two more this year and possibly one at Christmas.

If any one feels like joining us please get in touch you need to be able to swim one length of each stroke except butterfly and be comfortable in deep water.

### Welcome to 2016!

Welcome to all our new and existing members this term, you will receive a monthly newsletter to keep you updated. If you need to get in contact please email us [info@abcswimschool.co.uk](mailto:info@abcswimschool.co.uk) we are in the office Mondays and Thursdays.

### This terms' Distance Session is on Sunday 28th February.

The next distance session for swimmers wanted to do 20m - 2000m will be Sunday 28th February 2016 11.30 - 1pm. If you would like to book please email [info@abcswimschool.co.uk](mailto:info@abcswimschool.co.uk)

### Could YOU Teach?



Lastly if anyone would like to train as a lifeguard or swimming teacher please check out this website [www.aquabilityttc.co.uk](http://www.aquabilityttc.co.uk) it is such a rewarding job!!

*Look out for more swimming tips from DASH on page 2!*



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



## F.R.E.E

- Floatation
- Rotation
- Entry
- Exit

## S.O.S

- Submersion
- Orientation
- Streamlining

## C.A.B.S

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

This month DASH looks at **ROTATION**  
... dolphins are experts at this!

## Rotation

There are 3 types of rotation you can perform in the water.

### 1. Vertical Rotation

To perform the vertical rotation you need to be upright in the water, to turn you can use your head by turning your chin to your shoulder this will initiate the rotation, with very young children by calling their name they will turn their head to

look at you which in turn will enable them to turn in the water, this can be a vital survival skill if they need to turn back to the wall to swim to safety. You can also turn by using your hands pushing the water in the opposite direction, feel the pressure of the water on your hands.

### 2. Horizontal Rotation

To perform a horizontal rotation you can do this by laying on your back and then regaining standing by lifting up your head which lowers the feet, tuck in your knees to your chest, circle your arms and press on the water with the palms of your hands, put your feet down on the floor. Stand up. This can also be performed from the front to standing. This is a survival skill to enable you to change position in the water to regain your

standing or change direction or to assess a situation. For a more advanced skill you can somersault in the water forwards, tuck in your head and legs to a mushroom float then circle / skip your arms backwards, remember to hum to stop the water going up your nose. If you want to somersault backwards again tuck up in a back tuck float then tuck in your chin to your knees and circle/skip your arms forwards, again remember to hum.

### 3. Longitudinal Rotation

This rotation can be achieved by starting on your back with your arms either and performing a log roll 180 degrees or 360 degrees. To initiate the turn as the vertical turn use your head by turning your head towards your arm follow and push your hips and feet around.

Try to keep your body stretched and toes pointed to enable a smooth turn in the water. This skill is really useful if you are on your front and getting tired you can roll over on to your back and float to allow you to get your breath back before swimming again.

Once you have learned all the rotation skills you will have many survival skills and will enable you to choose when to change direction in the water and have complete control over which direction to go in, return to the side, stand up, somersault or rest on your back. If you would like to challenge yourself see how many rotations you can do without stopping or trying turn both ways as you will find one side easier than the other.

