



Summer Term

This term finishes
Saturday 9th July

Next terms course dates
Tues 13th September –
Sat 10th December

No swimming
Mon 24th - Sat 29th Oct
Deadline for payment
for next term places is
Sunday 10th July 2016

Crash Courses

We are holding 2 Crash
Courses at Eric Liddell
Sports Centre including
£30 per 4 days course,
both weeks or for 1 hour
£45. 1-to-1 lessons 30
min lessons 4 days £60.
You can sit and watch

COURSE 1
25th - 28th July

COURSE 2
1st - 4th August



SEE PAGE 4

For all bookings
just email Fay
info@abcswimschool.co.uk



Distance Session Stars

Fabulous job to all those that took part in the distance session. ABC staff are very proud of you as I am sure your parents are too..

The next distance session will be Sunday 20th November 11.30 – 1pm. This session is for anyone wanting to achieve their 20metres – 2000metres. Certificates will be available at the session.



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Farewell Toby!

Toby is leaving us...
We would just like to say
Good bye and good luck
to Toby who has been
swimming at ABC swim
school since he was
really young and now
moving to secondary
school. We'll miss you!



End of Term...

Another terms comes
to a close and we have
had some wonderful
highlights this term
with the prevention of
drowning week and the
distance session. I am
really looking forward
to our ABC swim school
Olympic gala on Sunday.
Have a wonderful
Summer break!



Alison

... More of our Distance Stars!



Drowning Prevention Week

This was a fantastic week at ABC Swim School, it was a pleasure to see the smiles on the swimmers and parents' faces.

We hope that the swimmers learnt how to be safe around water and how to save someone if they were in trouble. Keep up the great work and be safe this summer.



Huddle in the water



Huddle!



Reach and rescue on your own



Learning the flags

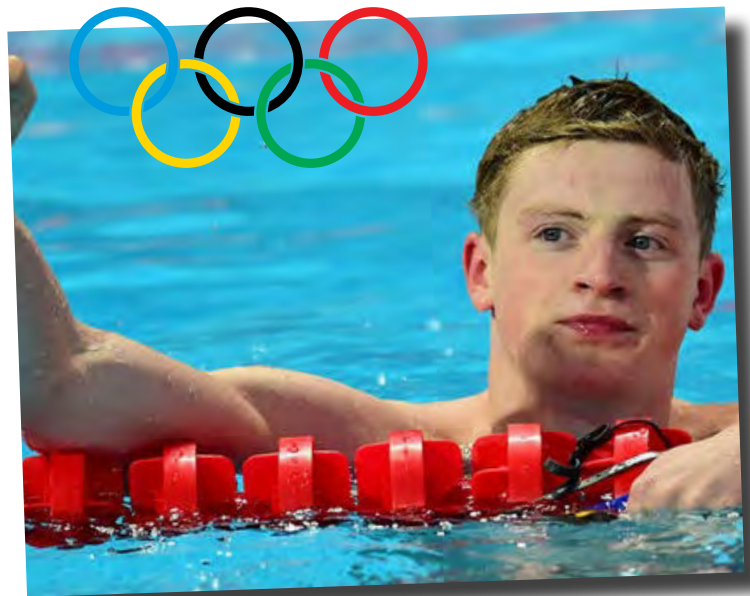


Reach and rescue with a partner

THE ABC OLYMPIC AQUATICS GALA 2016 IS FULL!

Doors open at 2.10pm Please bring with you plenty of water and loose clothing as it is really hot on poolside

It will be a great day with individual races, team races over the length and width. A Synchronised swimming display. All children will receive a medal, team swim hat and Olympic certificate. Meet our mascots Dash, Dipper, Dazzle and Dynamo



Adam Peaty

The Road To Rio

The Rio Olympic Games 2016 begins on Friday, August 5 and ends on Sunday, August 21

A breath-taking sport, swimming has been in the Olympic Games since Athens 1896. Men and women participate in 16 events, including relays and individual competitions in four strokes – freestyle, breaststroke, butterfly and backstroke.

Aim of the game

Swimmers must complete a set distance inside the pool, in some cases using a specific swimming style, in the shortest possible time

Why should you watch this?

Chad le Clos, Missy Franklin, Michael Phelps... the Rio 2016 Olympic swimming pool will be overflowing with world-class stars, which is a recipe for record-breaking thrills.

Team GB for this summer's Rio 2016 Olympic Games.

The 26 athletes sealed their spots on the plane to Rio with their performances at the British Swimming Championships.

Adam Peaty leads the way for Team GB with World and European titles to his name as well as world-record times in both the 50m and 100m breaststroke.

Peaty will be joined in Rio by fellow World Champion James Guy, World individual medallists Jazz Carlin and Siobhan-Marie O'Connor as well as four members of the World Championship winning men's 4x200m freestyle relay squad.

As well as Olympic debuts for Peaty, Guy and Carlin, the squad sees some familiar Team GB faces with O'Connor, Andrew Willis and Hannah Miley all returning again after appearing four years ago at London 2012. And in Robbie Renwick Team GB has the invaluable experience of two previous Olympic Games.

Adam Peaty said:

"I'm thrilled to have been selected for Team GB. I first watched my teammate Craig Benson in the Olympics [London 2012] and I was really jealous. He was the same age and he was at a home Olympics, something I would never get a chance to do again.

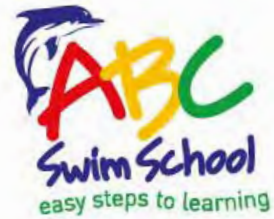
I was looking at the results on my phone. It was like a 'what am I doing with my life' kind of moment. From then, I watched all the Olympics and said to myself that I would make the next one. That was my defining moment, to stop messing about now and get my head down. I don't want to be a team-maker (in Rio), that's the most important definition for me. I want to make my country proud and give it the best shot I can really and wear that Team GB tracksuit with pride."

Let's get together this summer and support our GB swimmers in all of the disciplines, competitive swimming, synchronised swimming, diving and water polo.

If you want to find out more check out these websites

<https://www.rio2016.com/en/swimming>

<https://www.britishswimming.org/news/latest-swimming-news/team-gb-selects-26-swimmers-rio-2016-olympic-games/>



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
Eltham College, Grove Park Road,
Mottingham SE9 4QF

SUMMER 2016

JULY

25th - 28th July 2.15 - 3.15pm

AUGUST

1st - 4th August 2.15 - 3.15pm

**1
HOUR
£45**

30 MINUTE LESSONS: 4 DAYS £30

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

To book email: bookings@aquabilityttc.co.uk

**ONE-TO-ONE
LESSONS
AVAILABLE**

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