

GALA SPECIAL!

September 2016
ISSUE 11 3 pages



AUTUMN TERM START DATES

- **Synchro**
Tues 13th Sept
- **Baby & Toddler**
Weds 14th Sept
- **Wednesday Lessons**
Weds 14th Sept
- **Saturday Lessons**
Sat 17th Sept

OCTOBER HALF TERM CRASH COURSE

25th - 28th October 2016
We are holding a Crash Courses at Eric Liddell Sports Centre including £30 per 4 days course, 1 hour £45.
You can sit and watch

See page 3 for details
For bookings just email Fay
bookings@aquabilityttc.co.uk



What a day and a great build up to the fantastic GB Team in Rio. Who knows, one of our swimmers may be at the Olympics representing GB one day? Dreams are where it all starts...

It was a joy to see all of the ABC swimmers' determination, excellence and try their best whilst enjoying the competition and fun events. The parental support was amazing and the cheering gave such a positive and fun environment for the swimmers.

Our mascots Dash, Dipper, Dazzle and Dynamo really enjoyed their race and great fun was had by all!



WELCOME BACK!

And a warm welcome to all our new swimmers, we hope you all had a great summer!

On the first day back you can collect any outstanding badges and certificates and pay the balance of any course fees in the room at the end of the corridor on the same floor as the changing rooms.

SUNDAY SESSIONS
We have new Sunday Sessions Starting soon.

11.30am - 1.00pm
Stages 1, 2 & 3 including one to one lessons
8 week course £60
9th, 16th, 23rd October
6th, 20th, 27th November
4th & 11th December

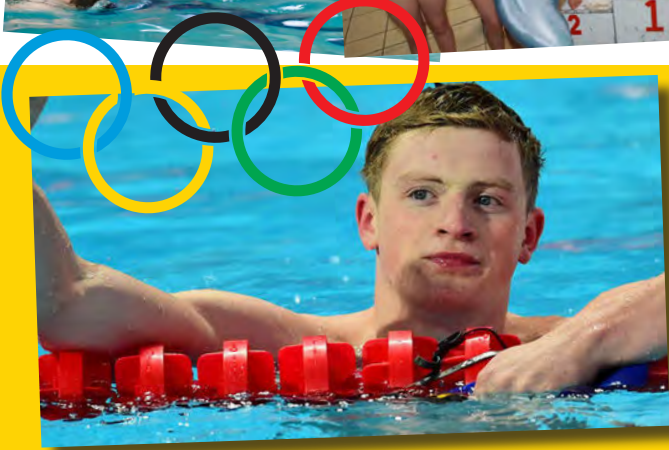
Places are available, so if you are interested and would like further details, speak to myself or Fay or email us at info@abcswimschool.co.uk

4 DAY SWIMMING CRASH COURSES FOR CHILDREN
QUALITY 30 MINUTE SWIMMING LESSONS WITH QUALIFIED AQA AQA 1, 2 TEACHERS AND TRAINED LEVEL 2, 3 TEACHERS SUPERVISED BY AQA TEACHERS LORNA GOSSET & ALISON BELL
at Eric Liddell Sports Centre
Eltham College, Grove Park Road, Mottingham SE9 4GF
25th - 28th October 2016
2.15 - 3.15pm
1 HOUR £45
30 MINUTE LESSONS: 4 DAYS £30
To book email: bookings@aquabilityttc.co.uk
PLACES AVAILABLE NOW!
www.aquabilityttc.co.uk
email: bookings@aquabilityttc.co.uk

Let's get swimming!



MORE ON PAGE 2!



Adam Peaty wins Olympic Gold in Rio!

August 8, 2016 Swimming News

Adam Peaty proved his dominance in the 100m Breaststroke, taking gold and setting a new world record to become Team GB's first medalist of the Rio 2016 Olympic Games.

The 21-year old, who was afraid of water when he was younger, was making his Olympic debut in Rio.

Peaty said: "I can't even put into words what that swim means to me. I was aware I was in front but not by that much. I touched the wall and looked to my left and thought 'where is everybody?'"

"I thought the best possible race I could do would be get to 57.3 so to get 57.1 is something else. It's absolutely incredible".

"It just proves you don't have to have the best facilities around you. People think this is what it takes to become an Olympic gold medalist but what you really need to do is put 100% effort in. My parents have been there from the start and always push me forward".

"I look at those flags and seeing those colours means so much to me. We've done so much in this country and to

represent the people at home is an absolute honour for me".

"That proves tonight that kids watching at home are in the same position I was four years ago watching others take the glory and win races. London was so much for me and really inspired me."

To find out more click on the link <http://www.swimming.org/sport/adam-peaty-wins-olympic-gold-rio/>



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

4 DAY SWIMMING CRASH COURSES FOR CHILDREN

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ASA LEVEL 2 TEACHERS AND TRAINEE LEVEL 2 TEACHERS
SUPERVISED BY ASA TUTORS LORNA CRUST & ALISON BELL

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**ONE-TO-ONE
LESSONS
AVAILABLE**

