

Bigfish Newsletter Issue 19 - February 2010

Welcome to issue 19 of the Bigfish Swim School newsletter and welcome to all the new members of Bigfish, we hope you enjoy your swimming time with us.

Swimmer of the Month**Swimmer of the Month****Swimmer of the Month**

January 2010 Swimmer of the Month is Eve Dawson nominated by Penny Steventon "Eve is a quiet and conscientious swimmer who attends regularly. Eve pays attention to detail and applies herself to every task. Eve listens and concentrates really well and this shows in her neat and tidy swimming that often looks effortless. Eve has been swimming with me for nearly 6 years and is a joy to have in any class, well done Eve."

Swimmer of the Month**Swimmer of the Month****Swimmer of the Month****HOLIDAY ACTIVITIES**

We will be offering the following intensive swimming courses during February Half Term in the Learner Pool:

Monday 15th to Friday 19th February 5 day intensive course

9.00am-9.30am Bigfish Newts 4yrs + for those children with little or no pool or swimming lesson experience, and non swimmers.

9.30am-10.00am Bigfish Penguins 4yrs + for children who can swim unaided or are just making their first few strokes unaided.

Both courses aim to promote the swimmers confidence, ability and enjoyment of the aquatic environment.

As usual Bigfish Swimming Lessons continue throughout the school holidays- don't forget as a member of Bigfish* you can swim during any public swimming session in the school holidays for free! Just tell Reception your name and the day and time of your lesson for your swimming ticket. (*Under 8's must be accompanied by a paying adult).

During the **Easter Holidays** we will be offering the following swimming sessions:

In the Main Pool (Main Pool swimmers must be able to swim 25m and be confident in deep water)

Tues 13th April - Synchro Taster Session 9am-10am

Wed 14th April - Diving Session 9am-10am

Thurs 15th April - Mini Polo Session 9am-10am

Fri 16th April - Swimming Activity Taster Session 9am-11am

In the Learner Pool

Monday 15th to Friday 19th February 5 day intensive course

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9.30-10.00am Bigfish Penguins 4yrs + for children who can swim unaided or are just making their first few strokes unaided.

Both courses aim to promote the swimmers confidence, ability and enjoyment of the aquatic environment.

Further details of all our holiday courses and how to book are available from Reception in the relevant Holidays Activities leaflet.

**New Rookie Lifesavers course starting after Easter -
Wednesday evenings from April 21st 2010, 5:30pm-7:00pm.**

Please register now at Reception.



Now the older children have gone back to school don't forget our **Bigfish Drop In Duckling** sessions for the under 5's on:-
Monday - 10.00am-10.30am
Thursday -10.00am-10.30am & 10.30am-11.00am

There are also **Bigfish Duckling Classes** available as a course. These classes are slightly more structured and as well as water confidence start to approach more formal swimming activities, in Duckling 2 and 3 with an adult in the water and in Duckling 4/5 with a pool helper so the adults can watch from the sidelines.

Duckling 2 Friday 2.30pm-3pm

Duckling 3 Monday 10.30am-11am, Tues/Thurs 2pm-2.30pm, Fri 3pm-3.30pm and Sun 4pm

Duckling 4/5 Monday 11am-11.30am, Tues/Thurs 2.30pm-3pm and Sun 4pm

New Adult Swimming Sessions

Bigfish Swim Clinic returns on Thursday 11th February 6-7pm. Come and get some advice on your swimming technique or try a new stroke.

Simple Aqua – an aquafit session for those rehabilitating from injury or illness or just getting back to exercise - Mondays 9.15am-10am.

Aqua Natal – aquafit for post and ante natal - Thursday 2-2.30pm from Thursday 4th March
Places are limited so please book at Reception.

Swimming and Pool Hygiene:

SWIMMING COSTUME OR BIKINI? Costume please!

SWIMMING TRUNKS OR BOARD SHORTS? Trunks please!

Learning to swim can be hampered by ill fitting or large baggy shorts as they create drag and increase the amount of resistance to the swimmer. Likewise shorts or bikinis that don't stay where they should hinder progress and can cause embarrassment. So to get the most out of your swimming lessons dress appropriately in Costume or Trunks and don't forget your hat!

Bigfish Swim School Scheme

We are now using our own Bigfish Swim School Award Scheme. The criteria for the Levels has been agreed through consultation with all our Bigfish Swimming Teachers, who between them have a wealth of experience, and take into account the pool space available to us for the lessons. The design work for badges and certificates is nearing completion, a selection will be displayed when the work is finalised. The table below shows how we have incorporated the ASA Levels into our Levels. The ASA NPTS Levels 1-12 has been withdrawn by the ASA.

ASA Level	Bigfish Level	ASA Level	Bigfish Level
New to Swim	Newts	6 + 7	Eggardon Seals
1	Penguins	8	Colmers Swordfish
2	Flamingos	9	West Bay Dolphins
3 + 4	Swans	10/11/12	Bridport Sharks
5	Kingfishers	Junior Fitness Swimming	Junior Fitness Swimming

Prices for 2010 are as follows:

Cash Payers	Member	Non-Member
Block 2 29 th March to 27 th June	£53.04	£62.40
Direct Debit – monthly	£16.00	£19.00

BIG FISH CASH ENROLMENTS 2009/10

Block No	No weeks	Start	End	Reminder letters sent w/c	Payment week FOR THIS BLOCK
2	13	29 th March	27 th June	1 st March	15 th – 21 st March
3	13	28 th June	26 th Sept	31 st May	14 th 20 th June
4	12	27 th Sept	19 th Dec	31 st Aug	13 th – 19 th Sept

