

Bigfish Newsletter No 20 May 2010

Welcome to Edition no: 20 of The Bigfish Newsletter and welcome to all the new members of Bigfish we hope you enjoy your swimming time with us.

I would like my child to start swimming lessons but I'm not sure which class is suitable?

We offer a free swimming assessment to make sure your child starts their swimming lessons with us in the correct lesson for their ability. Please ask at reception for a Swimming Assessment Card, fill in the details and Penny Steventon, Swimming Co-ordinator will contact you.

We also offer Adult Lessons and Individual lessons please ask at reception for details

**+++++Bigfish Learner Pool Gala++++Bigfish Learner Pool Gala+++++
Saturday 12th June, Details from your Swimming Teacher soon
+++++Bigfish Learner Pool Gala++++Bigfish Learner Pool Gala+++++**

HOLIDAY ACTIVITIES

During the **Whitsun Half Term** we will be offering the following Swimming Sessions
In the Main Pool

Monday 31st May to Friday 4th June 2010 5 day intensive course

9.00-9.30am Older Beginners for children 7 years and older who are weak or non swimmers. This course is designed to improve water confidence and introduce the basic skills required for swimming and will incorporate some deep water work.

9.30-10am Developing and Improving Swimmers aged 7yrs and over, able to swim 25m and confident in deep water.

This course will focus on stroke technique and stamina.

In the Learner Pool

Monday 31st May to Friday 4th June 2010 5 day Intensive course

9.00-9.30am New to lessons and beginners 4yrs + For those children with little or no pool or swimming lesson experience, and for those working with aids.

9.30-10.00am Improving and developing swimmers aged 4+ who can swim unaided.

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

Further details of all our holiday courses and how to book are available from reception in the Whitsun Holidays activities leaflet.

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

February Swimmer of the Month was William Smith nominated by Tina Dawe who said "William has conquered his fear of floating unaided and breathing. He has now moved up a level and his attitude of "I can't" without even trying has now disappeared. I am really proud of William and I am sure he will keep up the good work"

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



Adult Aquafit Sessions

Mon 9.15-10am Simply Aqua for those rehabilitating from injury or illness, or just getting back to exercise
Spaces limited booking advisable at reception

Mon 11.30-12 noon Aquafit for all abilities

Tues 7-8pm Aquafit for all abilities

Wed 11.30-12noon Deep Water Aquafit for those confident in deep water. Spaces limited booking advisable at reception

Thurs 7-8pm Aquafit for all abilities

Fri 11.30-12noon Aquafit for all abilities

Fri 3-3.45pm Simply Aqua for those rehabilitating from injury or illness, or just getting back to exercise
Spaces limited booking advisable at reception

**** Rookie Lifesavers *** Rookie Lifesavers***Rookie Lifesavers****
If you are interested in attending a Rookie Lifesavers course please leave your details at Reception.

**** Rookie Lifesavers *** Rookie Lifesavers***Rookie Lifesavers****

Swimming and Pool Hygiene

Please ensure your child has been to the toilet before their class

Boys and Girls with long hair should have it tied back

Wearing a swimming hat helps to keep swimmers safe as they do not become disorientated when they surface due to hair in their eyes.

Wearing a swimming hat also helps us to keep the pool water cleaner for all to use

Swimming Hat Advice from Taylor Made Design our Big Fish Swim Hat Suppliers

All suppliers advise that the caps are put on using curved fingers however, when swimming caps are used by children the likely cause of damaged caps is through the parents wearing rings or having long fingernails when putting the swimming caps on the child's head. Whilst this may not initially tear the cap it weakens the cap significantly and even if later, it is the child that puts their own cap on, it will tear at a later date. If you hold the caps up to the light you can actually see the indentation of the rings/nails in the cap and this is where the tear starts. We have been advised that the silicone caps go through numerous tests for durability however, any sharp object will always tear silicone and clients should be made aware of this.

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)

BIG FISH CASH ENROLMENTS 2008/9

Block No	No weeks	Start	End	Reminder letters sent w/c	Payment week FOR THIS BLOCK
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

Cash Payers

Block 3 28th June to 26th Sept

Direct Debit –monthly

Member

£53.04

£16.00

Non-Member

£62.40

£19.00

