

bigfish Newsletter No. 16 August 2009

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Interested in Gymnastics or Trampolining? There are still vacancies in the courses starting in September for both Adults and Children. More information available from Reception.

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*******SWIMMER OF THE MONTH AWARD*******

July's swimmer of the month, **Niamh O'Mara** was nominated by Virginia Stewart who says;- Niamh originally started swimming at Bridport Leisure Centre by joining a crash course through the summer in 2008. Niamh then joined my Bigfish Saturday morning classes at level 7 where her hard work enabled her to achieve level 9 very quickly.

Niamh rarely misses a class and always arrives well prepared and ready to swim. Niamh is a very elegant swimmer who really excels at Breaststroke and Straddle entries. Over the last year Niamh's dedication and enthusiasm have ensured that she is a pleasure to both watch and teach.

*******SWIMMER OF THE MONTH AWARD*******

Swimmer of the month for August, **Pascal Maclean-Wood** has been nominated by Steve Percival who says-

Pascal had been a very regular attendee at classes, he is always very attentive and has progressed exceptionally well during the year in which I have been teaching him.

Pascal is a very tidy swimmer, dead keen and enthusiastic and above all extremely well behaved in class

Pascal attended Duckling classes and then moved into Level 1 in May 2008, Pascal now swims in a Level 3 class and is 5 years old.

*******SWIMMER OF THE MONTH AWARD*******

Look out for information on the Swimmer of the Month on the Swimming Notice Board in the Café area

As well as our weekly **bigfish** swimming lessons Bridport Leisure Centre offers Intensive 5 Day swimming courses during the school holidays and a range of workshops for various ages. For more information collect an October Half Term Holiday activity leaflet, available from 21st September 2009 from Reception where you will also find information of our other holiday activities as well as the swimming pool timetable.

To ensure your child gets the most from their class:

- Please ensure that your child has been to the toilet and showers before the class.
- Girls must wear swimsuits (no bikinis) and boys must wear swim trunks (No long shorts).
- Boys and girls with long hair must be tied back before the start of the class.
- We encourage the wearing of swimming hats for safety and hygiene.
- Please make sure hats are put on before the lesson starts
- Don't forget to bring your child swimming in your free time to build on the skills your child has learnt in their lesson.

Children who swim more than once a week get faster results!

We also run a range of swimming sessions for Adults from Beginners Lessons through to Fitness Swimming and incorporating 5 Aquafit sessions a week:

Adult Beginners Tues 10.00am & Thursday 6.00pm

Adult Improvers Tues 10.30am & Thursday 6.30pm

Adult Fitness swimming Thursday 8.00pm

Aquafit sessions for all abilities Mon & Fri 11.30am-12 noon, Deep Water Wed 11.30am-12noon, Tues & Thurs 7.00pm-8.00pm

All sessions are lead by qualified Swimming Teachers/Aquafit Instructors. For more information contact Reception or Penny Steventon, Swimming Coordinator on 01308 427464.

bigfish Learner Pool Gala held on Saturday 27th June 2009 was a resounding success with all swimmers, parents and teachers thoroughly enjoying themselves. We will hold another learner pool gala next year!

This years **bigfish** Main Pool Gala will be held on Saturday 21st November
Start Time will be 4.00pm

Open to all Bigfish Main Pool swimmers more information available from your swimming teacher and on the Swimming Notice Board soon.

Swimming Teacher Courses

In association with Bridport Barracudas Swimming Club we will be running an ASA UKCC Level 2 Certificate for Teaching Aquatics Units 1 to 6 from 6th September to 18th October 2009.

This course is suitable for those people who hold a ASA/UKCC Level 1 Certificate Teaching Aquatics or ASA Level 1 Teachers Certificate (Post 2002) who would like to further their knowledge and certification.

More details of the course and prices can be obtained by contacting either Ian Mortimer, Barracudas Coach and Course Organiser, or Penny Steventon, Swim co-ordinator via Reception on 01308 427464.

bigfish Swim Pass**bigfish Swim Pass****bigfish Swim Pass****bigfish Swim Pass**

During public sessions during School Holidays members of bigfish can swim for free!! Just tell Reception which day and time your class is to get your swim ticket.
Parents please remember children under 8 must be accompanied by an adult.

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Monthly Direct Debit Member £16.00, Non Member £19.00

bigfish CASH ENROLMENTS and PRICES 2008/9

Block No	No weeks	Start	End	Reminder letters sent w/c	Payment week FOR THIS BLOCK	Member	Non Member
4	12	28 th Sept	20 th Dec	1 st Sept	14 th – 18 th Sept	£48.96	£57.60

For more information on joining **Bigfish** please fill in a Swimming Assessment Card, available from Reception and Penny Steventon our swimming Co-ordinator will contact you.

