

## bigfish Newsletter No.15 - June 2009

### bigfish GALA FOR THE LEARNER POOL Saturday 27<sup>th</sup> June 2009

Start times are as follows,

Level 1 - 3.00pm, Level 2 - 3.45pm, Level 3 - 4.30pm,

Level 4 - 5.15pm, Level 5 - 6.00pm

There is still time to hand in your entry form. Forms are available from your Swimming Teacher or Reception

#### \*\*\*\*\*SWIMMER OF THE MONTH AWARD\*\*\*\*\*

May 2009 **Adam Halford** was nominated by Penny Steventon who said "Adam is quiet, well behaved and works very hard in his swimming lessons. Adam is a very neat and tidy swimmer who always tries everything asked of him and has made steady progress through the swimming levels. Adam has always shown perseverance if at first he could not achieve a skill or stroke and now achieves a good standard in the 4 main strokes". Adam is 10 years old and started swimming at Bridport Leisure Centre in the Duckling Classes. Adam now swims in a level 9/10.

June 2009 Poppy **Legg-Bagg** was nominated by Tina Dawe who says "Poppy's determination to succeed shines through in all that she does. To start with Poppy was apprehensive in lessons but she soon showed how determined she is! Due to her determination to get over her fear of putting her face in the water and always trying very hard at everything I ask of her, Poppy has now progressed to Level 3". Poppy is 6 years old and started Bigfish swimming lessons in February 2008 at Level 1.

Well done Adam and Poppy from all the Bigfish Swimming Teachers

#### \*\*\*\*\*SWIMMER OF THE MONTH AWARD\*\*\*\*\*

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

\*\*\*\*\*NEW COURSE\*\*\*\*\*NEW COURSE\*\*\*\*\*NEW COURSE\*\*\*\*\*

### New Ducklings Courses starting on Friday 3<sup>rd</sup> July

Level 2 Time 2.30pm-3pm aged 12-24 months and accompanied by an adult in the water

Level 3 Time 3pm-3.30pm aged 24-36 months and accompanied by an adult in the water

These Duckling courses will aim to increase water confidence and safety as well as developing co-ordination and basic water related skills required for learning basic swimming strokes.

These courses will be part of Bigfish Swim School and will need to be booked and paid for at Reception. If you would like more information please contact Reception or Penny Steventon, Swimming Co-ordinator on 01308 427464

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As well as our weekly **bigfish** swimming lessons, Bridport Leisure Centre offer a range of short courses during the school holidays. As well as our Intensive 5 Day swimming courses in the Main and Learner Pools we are pleased to offer the following:-

### New for Summer 2009 3 Day courses in:

**Synchronised Swimming** — An introduction to the different strokes and figures used in Synchronised Swimming. Working to music, swimmers will have a chance to construct their own routine either individually or in a group. For ages 6+ and confident in deep water.

**Rookie Lifeguard** — Designed to promote water safety in and around pools and open water this course will give the swimmer a basic understanding of personal survival and how to help others in difficulty in the water. For ages 7+ and confident in deep water.

Not sure what to try? Then why not give our 2 hour Swim Taster Session a go? You will get the chance to try a range of 5 swimming related activities lead by a qualified swimming teacher. Activities include Diving, Mini Polo, Rookie, Synchro, Swim Technique, Races, Starts and Turns, Fun with Mats, Obstacle Races, Team Games.

**Main Pool for ages 7+ and confident in deep water. Learner Pool ages 4-6years – August 31<sup>st</sup> Only.**

There are also a range of workshops for various ages. Pick up a Summer Holiday Activity leaflet for more information, available from 1<sup>st</sup> July 2009 from Reception

### Swim Teacher Courses

In association with Bridport Barracudas Swimming Club we will be running an ASA UKCC Level 1 Certificate for Teaching Aquatics Units 1 & 2 from 26<sup>th</sup> June to 12<sup>th</sup> July 2009.

If you have an interest in swimming and would like to consider learning how to teach swimming this is the first step to take. 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.

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

### Prices for 2009 are as follows:

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 |
|----------|----------|-----------------------|-----------------------|---------------------------|--|--------|------------|
| 3        | 13       | 29 <sup>th</sup> June | 27 <sup>th</sup> Sept | 1 <sup>st</sup> June      | 15 <sup>th</sup> 19 <sup>th</sup> June   | £53.04 | £62.40     |
| 4        | 12       | 28 <sup>th</sup> Sept | 20 <sup>th</sup> Dec  | 1 <sup>st</sup> Sept      | 14 <sup>th</sup> – 18 <sup>th</sup> Sept | £48.96 | £57.60     |

For more information on prices or joining bigfish, please ask at Reception or fill in a swimming assessment card and Penny Steventon our swimming Co-ordinator will contact you.

