



Aqua Swimming Ltd



Newsletter: Autumn Term, Issue 1

Autumn Term Dates

Walthamstow Hall School

Mondays:

7 Sept to 30 Nov (not 19th Oct)

Wednesdays:

9 Sept to 2 Dec (not 21st Oct)

Saturdays:

5 Sept to 5 Dec
(not 26 Sept & 17th Oct)

Kent College, Pembury

Saturdays:

5 Sept to 28 Nov (not 17 Oct & 7 Nov)

Aqua Office Times

The Aqua Office is usually manned
Monday - Thursdays 9.30am - 1.30pm.

Tel No: 01732 455800

Email :-

admin@aquaswimming.ltd.uk

www.aquaswimming.ltd.uk

Proposed Dates - Spring Term 2010

Walthamstow Hall School,

Sevenoaks

Mondays:

11 Jan - 29 March (not 15 Feb & 1 Mar)

Wednesdays:

13 Jan - 31 March (not 17 Feb)

Saturday:

9 Jan - 27 Mar (not 20 Feb)

Kent College, Pembury

Saturday:

9 Jan - 27 Mar (not 20 Feb)

These dates are a *guide only* and will be confirmed via our programme shortly.

Introducing our New Senior Instructors

We are delighted to introduce our two new Senior Instructors who will be responsible for all our pupils, instructors and lesson structure. Should you have any questions or concerns regarding your child's lesson, please speak, in the first instance, with your Senior Instructor so they may look into the points you have made. If they are unable to help you immediately, they will forward any queries to the Swimming Co-ordinator, Karen Caller, to help you resolve any matter of concern.

Sara Foster

Sara will be responsible for Monday & Saturday classes at Walthamstow Hall Girls' School. Sara has a wealth of teaching experience and has been with Aqua Swimming for 18 months.



Laura Jane Braithwaite

Laura will be responsible for our Wednesday classes at Walthamstow Hall Girls' School and Saturdays classes at Kent College, Pembury. Laura will also be taking our new Saturday Club session



Commendation for Aqua Swimming Ltd

Aqua Swimming has been awarded a commendation from the Kent Business Enterprise for the second year running. Each summer, we help with the placement of a student in work experience. During their time with us, students will work alongside our Administrator and Swimming Co-ordinator and get involved in marketing projects, data inputting, lessons plans, learning about Health & Safety and risk assessments and completing a work-based project. Our last student from Tonbridge School was very enthusiastic during his time with us and enjoyed taking part in poolside lessons with our instructors. The project he produced was excellent and appeared in our last newsletter. We are delighted to have been recognised for the work we do with work experience students.

Aqua Swimming Club (ASA affiliated)

Aqua Swimming Club is currently offering trial sessions for potential new swimmers who are wishing to take their swimming to the next level. Sessions are taken by Marcus Branson - F.I.O.S (CC) and supported by a number of experienced Teachers and Coaches.

Our aim is to develop swimmers to an elite level preparing for competitions. We believe that to develop swimmers to their maximum potential, group numbers should be kept small, increasing the time coaches can spend supporting each swimmer. This will include analysing technique and fault correction, drill work and advanced swimming practices and specific level.



Some of our current swimmers who train with Aqua Swimming Club.

Training takes place at Walthamstow Hall Girls' School, Sevenoaks on Mondays 6.30-7.30pm and Wednesdays 6.00-7.00pm. We are delighted to announce, that from the Autumn Term, we have added an additional Aqua SC session on Saturday from 1.30-2.30pm.

Our Club swimmers are currently training hard for an open meet in January 2010 in Essex. We would like to take a full Club Team along to represent us and introduce ourselves to our competitors. We would also like to encourage our parents to support us and our swimmers. If you would like to join our exciting new club, please contact the Aqua Office.



Aqua Swim Shop



Aqua Swim Shop

We are delighted to announce that we now have our own shop, selling high quality swimming equipment at competitive prices. All our items are on our website www.aquaswimming.ltd.uk Alternatively, we have a leaflet and order form available from the Aqua Office. Items range from swimming hats, goggles to kick boards and floats. For more information, please contact the Aqua office on 01732 455800.



Swans SR2M Metallic goggle with soft gasket fit. Anti-fog lenses make them perfect for workouts. £20.00 each



High quality soft & smooth kickboard. £7.50 each



High quality silicone Aqua swimming hats. £5.00 each



Aqua Swimming's high quality silicone swimming hat priced at £5.00

Important

Notice: Walthamstow Hall

Please can all swimmers use the lockers provided in the changing room and not leave your belongings in the cubicles. This hinders other swimmers from changing in private & comfort

Changing room Cleanliness— Walthamstow Hall

It has been brought to our attention that the changing rooms at the end of some sessions are left in an unacceptable condition. Would parents please ensure that all litter is placed in the bins provided.

Please could all parents and guardians help to ensure that this does not continue to happen and to clean up after your child/children. Thank you for your co-operation in this matter.



Poolside Showers Walthamstow Hall

May we respectfully remind all parents and swimmers that the showers between the changing room and poolside are for rinsing only. Shampoo & shower gel must **not** be used in this area. Please use the showers provided in the lavatory areas.

INTRODUCTORY OFFER

For **SPRING TERM 2010** we are offering a 10% discount to any current swimmer who introduces a friend to Aqua Swimming. This will apply to the full Spring 2010 term's fees only.

How to apply :-

Complete your 'Priority Booking Form' enclosing your cheque (including the 10% discount) together with your friend's 'New Swimmer Registration Form' and cheque ensuring your friend completes the section 'I have been introduced by.....'.

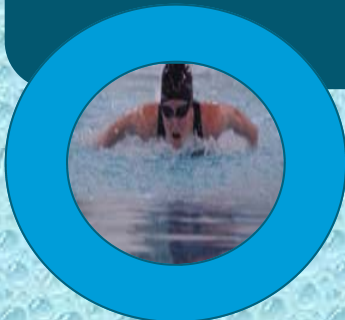
Terms & Conditions Apply:

1. Discount is only available for 1 swimmer per household.
2. Multiple discounts are not allowed, only 1 per household.
3. Discount will only be valid for the following term only.
4. Discount is not available to Aqua SC Members.

Booking Procedure for Spring Term 2010

Our Spring Term Programme & Priority Booking Form will be emailed to you shortly. Please can parents ensure they return their forms and payment as soon as possible once they have recommendations from their instructor. This is to ensure that we do our best to place your child in the correct class. We start taking bookings for new swimmers from 5 December.

Please note: all places are allocated on a 'first come, first served' basis, once a class is full, we are unable to add anymore swimmers, we will contact you to offer an alternative choice.





Caption describing picture or graphic.

This story can fit 150-200 words. One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or

find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed

internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thou-

sands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.



Organization

Business Name

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

Your business tag line here.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.



Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You

may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.



Caption describing picture or graphic.

If space is available, this is a good place to insert a clip art image or some other graphic.