



Aqua Swimming Ltd

Kent College, Pembury

Summer Term

Our
Autumn
term
Dates:
Saturday 5th
sept–
Saturday 28th
november

(Not 17th oct &
7th Nov)

Aqua Swimming
hats

Aqua Swimming have



*high quality silicone
swimming hats for
sale. These can be
purchased through the
Aqua Office at a cost
of £5.00 each.*

Changing Rooms

Several parents have approached our instructor regarding mixed changing within the female changing room. You will appreciate, this is a very difficult matter and must be dealt with sensitively. With this in mind, may we ask all parents to respect the following changing arrangements which will come into effect immediately:

- All swimmers under the age of 8yrs must be accompanied in the changing rooms. Swimmers over 8yrs can change on their own but are still the responsibility of parents/guardians.
- Male parent/guardians are respectfully asked to use the male changing rooms only when assisting their son/daughter to change.

Entry/exit to the male changing room is via the swimming pool ONLY and not via the female changing room. **THIS IS AN EMERGENCY EXIT ONLY.**

Outside Areas

Kent College, Pembury have asked if we would kindly forward the following information to all our swimmers and their parents/guardians. We would be grateful if you could abide by these rules:

- The playground area and grounds of Kent College are out of bounds. Please ensure that your children do not use the swings or wander around the grounds of the school. This is for pupils/staff of the school only.
- Please can parents/guardians park with care and not on the grass verges around the school. If the car park by the pool is full, please can you park along the lower road of the school in the spaces provided and clearly marked.
- Please can you close the outside door behind you when you enter the pool building. The open doors are causing a draft through onto poolside making it uncomfortable for our swimmers.
- Shoes **MUST** be taken off before entering poolside. Please put them neatly on the shelves provided and not on the floor.

Your help with the above would be most appreciated. If you have any further questions regarding the above, please do not hesitate to contact the Aqua Office on 01732455800 and speak with Karen Caller- Swimming Co-ordinator.

Booking Procedure

We are trialling our new system whereby we are emailing out the re-booking forms directly to you. For those who do not have email, or whose email bounce back, we have posted the booking forms out. This system should ensure that everyone gets their booking in plenty of time before the end of term. Your yellow and blue slips will be given to your child shortly. Please note: bookings will not be accepted without a coloured slip. Information on which class your child attends for the following term is kept with the instructor until the end of term. Please liaise with your instructor for this information.

Telephone bookings are not taken, and we therefore require all paperwork to be returned to the Aqua Office. Applications are processed strictly in date order of receipt. Places cannot be reserved while we are awaiting payment. It is therefore important that your return your booking form, along with payment and slip as soon as possible. If we have not received payment by the beginning of term, your child will not be able to swim. If you have any queries regarding your booking, please contact the Aqua Office on 01732-455800.

Contact details

The Aqua Office is usually manned Monday to Thursday 9.30-1.30pm.

Wendy Lennon- Administrator: 01732-455800.

Email: admin@aquaswimming.ltd.uk

Karen Caller: Swimming Coordinator: 01732-455800

Email: Karen@aquaswimming.ltd.uk

If you need to contact the office outside these times, please leave a message on our answer phone, clearly stating your name, full telephone number and your child's name. We will endeavour to return your call as soon as possible.

Sarah Knight – Senior Instructor

We would like to introduce you to your Senior Instructor, Sarah Knight. Sarah has been with Aqua Swimming for several years, working at Kent College and with some of our School's Swimming Programme.

If you have any questions or concerns, please feel free to speak with Sarah. She will be happy to discuss this with you at the end of a session.

1:1 Swimming Lessons

We now have a limited number of 1:1 swimming lessons at Walthamstow Hall Girl's School. The cost will be £25 per ½ hour session. For further details, please contact the Aqua Office on 01732-455800.

Food and drink

There have been a couple of incidents recently of swimmers becoming unwell during their lessons due to eating prior to swimming. May we respectfully ask all parents to limit the amount of food and drink that their children consume before swimming. It is recommended that pupils do not eat or drink fizzy drinks at least one hour before swimming. Your help in this matter is greatly appreciated.

Aqua Swimming Club

Aqua Swimming Club trains at Walthamstow Hall Girl's School on Mondays, Wednesdays and from the start of the Autumn Term, Saturdays. Anyone wishing to join Aqua SC will have to complete and pass a trial session on either a Monday or Wednesday with Marcus Branson-Club Coach.

For further details regarding a trial session with Aqua SC, please call the Aqua Office on 01732-45800.

Aqua Shop

You will now be able to purchase high quality, reasonably priced swimming equipment via our new Aqua Shop. E.g kickboards, floats, goggles and our official Aqua Swimming hats. We would like all our swimmers to wear Aqua swimming hats during their sessions. All information will shortly be on our website. Alternatively, please contact the Aqua Office for further details and an order form.

