



33 Chipstead Park, Sevenoaks, Kent TN13 2SL  
Tel: (01732) 455800 Fax: (01732) 455801  
Email: [admin@aquaswimming.ltd.uk](mailto:admin@aquaswimming.ltd.uk)  
Web: [www.aquaswimming.ltd.uk](http://www.aquaswimming.ltd.uk)

## AUTUMN TERM 2011 NEWSLETTER WALTHAMSTOW HALL AND KENT COLLEGE, PEMBURY



Swim School Member



**Welcome to the autumn term 2011 newsletter. We hope all our swimmers have had an enjoyable summer. We would like to welcome our existing swimmers back and say a big “hello and welcome” to all our new swimmers. We wish you all a great term’s swimming!**

### **Aqua Swimming Office**

Please contact Jennie Carter (Swimming Administrator) or Donna Stevens (Swimming Coordinator) in the office should you have any enquiries. The office is manned 9.30-1.30pm Monday – Friday or you can email us on [admin@aquaswimming.ltd.uk](mailto:admin@aquaswimming.ltd.uk).

### **Walthamstow Hall - changing rooms**

Please can parents and swimmers ensure that all clothes and belongings are left in the lockers provided or taken upstairs with parents to the viewing gallery. Please check the changing cubicles before leaving them. Personal items left in the cubicles mean that other swimmers are unable to use these changing facilities. We would appreciate your help with this.

### **Kent College – changing rooms**

Please can swimmers not leave clothes over the benches in the changing rooms. Please hang clothing on the hooks provided or leave personal items in bags with parents. This ensures there is sufficient space for all swimmers to get changed in comfort. Also, we ask parents/carers to please follow Aqua Swimming and Kent College’s policy regarding pupil changing: where a father

is taking a daughter swimming please can we ask that if the child is under 8 years old the father accompanies the daughter in the **BOYS’** changing room. Where a mother is taking a son swimming and the son is under 8 years old the mother accompanies the son in the **GIRLS’** changing room. Any parent/carer in the above situation with a child OVER 8 years old, please can the child use their own sex changing room and the parent/carer wait outside. I hope everyone can understand the reasoning behind this policy and can respect other swimmers privacy. Thank you for your understanding.

### **Showers at Walthamstow Hall - IMPORTANT**

Please can parents ensure that swimmers **DO NOT use soap / shower gel or shampoo** in the poolside showers. Doing so causes the walk through area to the changing rooms to become very slippery and very dangerous for everyone, swimmers and instructors alike.

### **Autumn Term Dates 2011**

Please note carefully the term dates and Bank Holidays/half term dates in your diary:

### **Walthamstow Hall Girls' School**

Mondays: 19<sup>th</sup> Sept–28<sup>th</sup> Nov 2011 (No swimming 24<sup>th</sup> Oct)

Wednesdays: 21<sup>st</sup> Sept – 30<sup>th</sup> Nov 2011 (No swimming 26<sup>th</sup> Oct)

Saturdays: 17<sup>th</sup> Sept - 3<sup>rd</sup> Dec 2011(No swimming 24<sup>th</sup> Sept & 29<sup>th</sup> Oct)

### **Kent College, Pembury**

Saturdays: 17<sup>th</sup> Sept – 10<sup>th</sup> Dec 2011 (No swimming 8<sup>th</sup> Oct, 29<sup>th</sup> Oct and 12<sup>th</sup> Nov)

### **Aqua Swimming Club dates:-**

Mondays: 5<sup>th</sup> Sept – 5<sup>th</sup> Dec 2011 6.30 – 7.30pm (No swimming 24<sup>th</sup> Oct)

Wednesdays: 7<sup>th</sup> Sept – 7<sup>th</sup> Dec 2011 6 – 7pm (No swimming 26<sup>th</sup> Oct)

Sats: 17<sup>th</sup> Sept – 3<sup>rd</sup> Dec 1.30 – 2.30pm (No swimming 24<sup>th</sup> Sept or 29<sup>th</sup> Oct)

### **Aqua Swimming Hats**

From this term each Aqua Swimming Stage will wear a different coloured hat to easily identify each ability group. Our Pre-School and beginners will wear navy hats, our Intermediate swimmers red hats, our Improver 1's green hats, Improver 2's royal blue and Improver 3's powder blue hats. Aqua Swimming Club have their own club swimming hats. Please note that wearing these swimming hats are now part of the Aqua uniform and are part of our terms & conditions of booking.

**ALL** swimmers must wear a swimming hat during their lessons with Aqua Swimming. Each swimmer will receive a Superflex latex swimming hat on their first lesson. If you require a replacement they can be purchased through the office at a cost of £3 each.



### **Swimming Equipment for Sale!**

We are able to supply a variety of swimming equipment, including goggles, swimming fins and floats. Please contact the office for further details.

### **Swimmers being left unattended**

We are aware that some of our older swimmers are being left at the pool during their sessions. We must stress the importance of a nominated adult being at the pool in case of an emergency.

We fully appreciate that with several siblings participating in a variety of activities that it can be difficult to be at all locations all of the time. It is the responsibility of the Parent/Carer to ensure the safety of their children outside the designated lesson time.

### **National Plan for teaching swimming – NPTS. parents, please visit our WEBSITE**

Aqua Swimming follows the ASA (Amateur Swimming Association) NPTS (National Plan for the Teaching of Swimming). Within it's programme there are a number of different skills for each stage that must be achieved by our pupils in comfort (at least 3 times) before he/she can progress to the next stage. We would encourage parents to visit our website where you can see exactly what your child will be learning and working towards for each stage. On average pupils will spend 2-3 terms in each Stage. However, some will progress quicker than others. We hope you will find this information of interest and it will help you understand your child's achievements and progress within the swim school.

### **Photography**

If any parent would like to use photography of any description of their child during their swimming lessons, please ensure you contact the office for a permission form that must be completed, signed and returned prior to any photographs being taken.

### **Medical information**

Please may we remind parents of children with medical conditions that they must ensure these are stated on the Registration Form when booking, so that we can inform the instructors accordingly. For existing swimmers, please ensure the office is informed by telephone or email.

### **10% Discount for introducing new swimmers**

We are offering a 10% discount on termly course fees when introducing a new swimmer. If you are introducing a new swimmer, please contact the office with the name of the new swimmer and we will make a note on your record and deduct a 10% discount on your next term's fees as a thank you.

### **Query?**

If you have a query we will be pleased to help! Please either email us: Jennie Carter (Swimming Administrator)

[admin@aquaswimming.ltd.uk](mailto:admin@aquaswimming.ltd.uk) and Donna Stevens (Swimming Coordinator) [donna@aquaswimming.ltd.uk](mailto:donna@aquaswimming.ltd.uk) or telephone the Aqua office on 01732 455 800.

### **AQUA Swimming Club - Did you know?**

Come for a FREE TRIAL! [Contact](#) the office for details.

The Aqua Swimming Club is a **competitive swimming squad** for swimmers who wish to improve their speed. The aim is to develop swimmers to an elite level and prepare for competitions.

Competitive training is taken by Marcus Branson F.I.O.S (CC) and other qualified coaches and takes place at the following location:

Walthamstow Hall School, Sevenoaks – 25 metre, 6 lane indoor swimming pool with a viewing gallery.

Training days – Mondays 6.30 – 7.30 pm & Wednesdays 6.00 – 7.00 pm and Saturdays 1.30 – 2.30pm.

**We believe that to develop swimmers to their maximum potential group numbers should be kept small (up to 8 swimmers per teacher/coach), increasing the time that can be given to each swimmer.**

The sessions are designed to cover these main areas:

- Analysis of technique and fault correction
- Structured Schedules
- Drill work and advanced swimming practices
- Specific stroke work covering Freestyle, Backstroke, Breaststroke and Butterfly
- Preparation for competition including nutrition and psychology
- Starts, turns, relay take-overs and finishes for the four main strokes

Swimmers who are interested in becoming an elite swimmer are invited to call 01732 455800 to arrange a trial session.

We would like to thank you for choosing to learn to swim with Aqua Swimming. We hope all our swimmers enjoy their swimming lessons with us.

Best wishes

Aqua Swimming Ltd