

The Swalings Voice



Autumn 2010 Issue 18



Welcome to our newsletter for autumn 2010

Welcome to the autumn term. It is still lovely to have the lighter evenings and the warm, albeit very soon to change. You know when walking along the beach people are still swimming in the sea and it's almost the end of October!

I have recently had the privilege of working with many other swimming teachers around the world and watched several of their swimmers take their distance and skills badges. I have to admit I was silently very proud to see and realise, that although very tough sometimes when a young child fails a badge, that the standard we have at Swalings is exceptional. I can't imagine being a parent that thinks that their child has managed a 600 meter badge, and naturally being very proud, suddenly realising that in actual fact what has really happened is that their child has managed to swim 20 meters 30 times because they were allowed to put their feet down, stop and have a chat or sometimes pull along the rope. Should a child that has earned this badge ever fall from a boat which is 600 meters from shore it should stand to reason they should make it safely back to shore, however, not if they can only swim 20 meters at a time! A scary and unsettling thought. Likewise we are strict on the skills badges, not only so that the can do "fancy stuff" in the water but so that you as parents know that if it says your child can surface dive or somersault then they really can and they can do it properly. So when your child achieves their Water

Skills 3 at the age of 5 or often younger when the recommended age is 7 and the Water Skills 4 badge and above at the age of 6, or sometimes younger, when the recommended age is 8 to 10 beam with pride because you have an exceptional little person with their exceptional achievement standing in front of you.



Caroline

Franchise opportunity

Change your lifestyle. Change your career



We can help you to achieve this as a Swalings Academy Franchisee. You do not need any previous business or swim teaching experience. You will be given this knowledge should you decide to have your own Franchise.

To find out more call 08707 10 10 12 or email us at franchise@swalings.com.

If it's not something you may be interested in maybe you know someone who would be interested in becoming a Franchisee; you will receive £1000 in commission on return of their completed and paid for training. For more details contact the Head Office.

Head Office

Facebook

All the companies have Facebook pages now and we would love you to become a friend. You just need to look up Swalings and they should all pop up. However,

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Swalings Academy is spelt Swalings Academe! A long story but at least we have a Facebook page!

CPR and Resuscitation courses

A vital course for those that have children, can you imagine what it would be like if you didn't know what to do in an emergency. The course will be held over two sessions lasting 2 hours each session, a total of 4 hours, at the cost of £15. It is a life skill and the assessment valid for 3 years. It is a great introduction to helping save someone's life. The smallest of help to the EMS to save someone's life before they arrive is vital and every second counts in an emergency.

Please call the Head Office for more information.

Swimming Teachers and Lifeguard courses

We shall be running an STC(B) and STC(F) swimming teacher courses after the October half term and also the compulsory Poolside Helpers course required for both qualifications.

If you are interested or you have older children that may be interested please let the office know.

Helpers in the water

All three companies are always on the look out for good helpers in the water. If you have a child, nephew or niece that may have swum with us in the past or would like a job then please contact the relevant office. The children must be 13 years or older and at the age of 14 they must become a qualified Poolside Helper to continue to work for any of the Swalings Companies. The necessary school forms must be completed by Swalings, parents and school and sent to the relevant councils.

Check out what's new

We have a new tab on the website "What's new" and it keeps you up to-date with what's going on throughout Swalings.

Charity walk

Thank you so much for the support given to Caroline for the Sparkle appeal. You helped

raise over £100 with your donations. Really a big - thank you.

Beach Hut

For those families that took the opportunity to rent the beach hut – thank you for leaving it in such a good state. Apart from the Air Show weekend everyone seemed to really enjoy its use.

Exciting news

The Caribbean now has its own Head Office which is fantastic. It's on Friar's Hill in Antigua and you can't miss it as there is a huge orange sign with the Swalings dolphin on it!

More pooltime

Swalings has now acquired time at Lodge Hill in Broadstone on a Wednesday and an hour at Hamworthy Middle School on a Saturday morning, if you are interested in either of these sessions please give the office a call.

Pool

October Intensive Courses

We will be holding a course during the October half term holidays so please call the office to reserve your space. We have always had great success with the swimmers doing a lesson a day for a week. The improvement is very noticeable and an excellent way to boost your child's swimming progress.

Gone Green

It's been great being able to communicate with everyone via email, thank you very much for your help with accepting the links to invite you to use the Aweber system. Please remember if your child moves venue then you must change the link for the new day. If you have problems with this please call Gerry in the office and he will help you out ☺

Badges and re-enrolment

Remember to bring your loyalty cards for the next badges and re-enrolment just before Christmas the stamps soon mount up and you may be entitled to £15 off your next course lessons in January or a swimming gift for Christmas. There will only be one

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badge session this course as it is only 9 weeks.

Staff News

We would like to welcome Hannah, Ellie, Sophie and Kerri as our new Poolside Helpers, Beverley and Simon on the swimming teaching team and Alex and Tom as Poolside Managers. We are very sorry to have to say good-bye to Jerry Ann and Mica, they have started Uni and Zoë will be going at the end of November. Lily our helper at Hamworthy is perusing her love for sailing and we will miss her, but wish her the very best on the water instead of in it ☺. We are thrilled to have Alex Miccoli back with us. We taught Alex to swim, she became a helper then a teacher, left for a few years and now has returned, a very warm welcome back to Alex.

Special needs

We cater for children with special needs both within the mainstream swimming and on a one to one basis. They are always very successful and if you wish to learn more please call the office.

Charity

Every time a swimmer joins Swalings Poole we donate £1 to Victoria School for their charity. Currently they have an appeal called "Sparkle" which is helping to raise money for their new swimming pool. If you attend the Victoria pool you can see the plans up on the wall. We have raised over £50 this year.

Bournemouth

Welcome to the autumn term of swimming and I hope you all had a lovely summer

New Team members

Welcome to Curtis Lockyer, Kimberley Seath and Molly Watton who have joined us at Fitness First and Poppy and Phoebe Davies at Wentworth. All five helpers learnt to swim with us and we are thrilled that they have now come to join us on the Team.

Welcome to Melanie Perfect, she has joined our team of swimming Instructors that teach at Wentworth College. Good to have you on board.

Big thanks to Katie H for helping out on badge nights at both Wentworth College and Fitness First you were a great help.

12th to 16th April Easter and 31st May to 4th June Intensive Classes

Well done to everyone who joined us during the Easter and June half term Intensive, it was lovely to see you all gain so much confidence in your swimming.

Saturday 3rd July

Thank you to everyone who joined us on Saturday 3rd July for our "Fun swim" at Wentworth College, I hope you all had a great time; you certainly looked as if you did ☺

Congratulations

A huge well done to Penny Sergeant, she successfully passed her 3000 metre badge just before Easter. Way to go Penny!

Starting in September at Wentworth College

Do you have a teenager who can swim 400 metres or, would like to do swimming just to keep fit? Then why not join us at our Swimfit class. Places are limited so the sooner you call us the sooner you could have those metres..... turning into miles!

Gone green!

Swalings Bournemouth has gone **GREEN!** As of September 2010 all information will be sent out to you via email. We will be sending out all course letters, Swalings Voices and any other information via email from now on. So please make sure you give your email address to the Swalings Poolside Manager. You must subscribe via an email link in order to be kept in the loop... we don't want you to miss out on any important information - changes to the schedule, new term dates, crash courses, special offers, events and especially the early bird payments!!

New Pre – Tiddler classes

We are thrilled to be able to offer these classes at Fitness First Queens Park. They are held on a Wednesday early afternoon and before school pick up time. These classes are for children from the age of 2½ years old. There will be a maximum of

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4 children (with a parent/guardian to begin with) in the water so places are limited
Please call Head Office on **08452 994 064** for more information

Diary Dates!

Saturday October 30th 10.00am-11.00am

Come and celebrate Swalings Bournemouth second birthday.

We are holding a fun swim time at Wentworth College, come and join us for a splashing time.

Call Annette on 07890 067 009 for more information

Christmas is coming.....

With Christmas on its way, why not order a personalised drinks bottle for your child, it will be printed with the Swalings Logo as well as their name (so hopefully no chance of them losing it)

We also sell logo'd swimming costumes and trunks. Orange swimming bags and a logo'd towel which can also be personalised.

For information on other the items for sale please either speak or call Annette on 07890 067 009

Antigua

Football

Welcome back. We hope you all had a fantastic summer and had nice relaxing holiday with your children. A lot has happened with Swalings over the summer.

In order to play in the under 13 Football league Swalings has moved its 7-9 and 10-13 year soccer classes to a Tuesday and Saturday. The league games take place on Saturdays at the National Football Stadium. We entered the league so that the children can develop their soccer skills in real game situations, get a sense of competition and have fun at the same time.

At Swalings we enrol children onto our soccer program from as young as two years old and currently go to 13. We are looking in to starting under 16 and under 18 classes

Practice sessions –

Under 13s and Under 9s –

Tuesday 4.30pm – 5.30pm and Saturdays 10.30-12.00pm (League schedule will be handed out once the league starts)

4 – 6 years -

Fridays 3.30pm–4.30pm or 4.30pm–5.30pm

2-4 year olds

Fridays 3.00pm – 3.30pm

New Class on Tuesday

Due to the popularity of our younger classes we are starting a second session for 4-6 year olds on Tuesdays from 3.30-4.30pm. If you are interested please speak to the pitch or poolside manager next time you see them.

Soccer Beach Bash

During the Summer Swalings also held its first Beach Bash soccer tournament. This was a 4-a-side adult soccer tournament held at Jolly beach. We had 12 teams competing for \$1000ec cash prize. The day was full of fun and exciting football, which was exactly why we invented the tournament - we wanted everyone to enjoy the game with a unique spin but in a fun and safe environment. Swalings now plans to have this as an annual event looking to expand the number of teams and a larger cash prize. We are also going to launch a company beach soccer event where companies will compete with all proceedings going to charity.

Swimming

Swim Club

Since March of this year the Swalings Swim Club has been making waves. We entered two overseas swim meets one in St Lucia and one in Barbados bringing back a number of medals. The team also experienced a 50metre pool for the first time. This really was a great induction for the club especially so they could see how the much bigger world of competitive swimming is run.

Swalings also held a Total Immersion (T.I.) clinic in May. We invited all the swim clubs on the Island to attend. Two top coaches from St Lucia, one an Olympian, conducted the course. T.I. is a very similar technique to methodology Swalings has developed over the past 35years. We believe strongly in keeping the body in natural alignment and T.I. has been tweaked slightly for the competitive edge, so it went hand in hand

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with our progression into competitive swimming.

A winning partnership

Swalings Swim Club is extremely grateful to have received sponsorship to purchase all its club members team kits as well as training equipment. This was made possible with the help of Bargain Centre. Our sponsors are Natur-a Soy and Robin Hood Oats – both healthy and nutritious products which go hand in glove with our ethos of keeping the swimmers fit. Thanks to you all!

Latest Results

The Swim club recently attended the AAC Storm meet which coincided with the national trials for the Antigua team. The National team will be going to St Lucia to compete in the OECS in November. Teams from Grenada, St Lucia, St Vincent and the Grenadines will also be competing. Out of the 11 swimmers in the Swim Club 5 were selected for the National Team. In the team are, for the second year in a row, Monique Bigler and Jason Bento and for the first time are Lleyton Martin and Mia Trimmingham. Rachel Wall is part of the squad, so should anybody fall sick or for whatever reason can't make it, Rachel will step in. Rachel only learnt to swim with us last year so this is an amazing achievement to have come so far in such a short space of time. We would like to say "massive congratulations" to those five swimmers. Well done.

Club Practice Schedule

The Swim Club practices are held on Mondays, Wednesdays, Thursdays and Saturdays. If you are interested in joining the swim club please contact the poolside manager.

Predevelopment squad

We have designed a predevelopment squad for those interested in competitive swimming but who are not yet at the level to join. Swimmers in the predevelopment squad will be gaining strength, stamina and continuing stroke work so they reach the level to get into the swim club faster. Predevelopment practice takes place on Mondays. We will be releasing more info on our competitive club

and its various levels shortly so keep your ears open.

Swalings launches National Learn to Swim Program

Swalings has pioneered the National "Learn to Swim" program which is being fully supported by the Ministry of Sport and Education. We believe that everyone should have swimming as a life skill, especially as we live on an Island. We have secured an amazing sponsorship for 150 children between 8 – 18 years from government schools. This scholarship entitles those selected to a year's worth of swimming lessons as well as goggles, swimming hat and t-shirt. We would like to thank **Intertops.com** for their help with the launch of this program. We will be looking to expand this program so that it reaches over 2000 school children through further scholarships and subsidised programs.

We are also working very closely with the National Sailing Academy teaching those children that don't have the necessary level of swimming ability to learn to sail, so that once they have reached the safety level they are ready to be a part of the sailing program.

Wetsuits

As the colder months approach remember we have a large stock of high quality wetsuit to keep the children warm during their lessons. We also offer a part-exchange for those of you who have purchased them already but need the next size up.

New Team members

For those of you that have been attending the pool you will have noticed there is a new face about. We would like to take this time to welcome Cindy Johnston to Swalings. Cindy recently joined the teaching team but both her daughters have been in the learn to swim program since they were 4 months old, so she is very familiar with our methodology and ethos. Cindy is a fully qualified lifeguard and swimming instructor. Cindy will be taking classes on Wednesday, Thursdays and Saturdays as well as teaching the national schools program. A very big welcome to the team Cindy

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Loyalty Scheme

In line with the Swalings UK franchises we will be introducing the Swalings Loyalty Scheme. Every time you re-enrol or sign up for lessons be it football, swimming or purchase stock of a certain amount you will earn loyalty stamps, this in turn will eventually entitle you to a reduction in lessons or money towards the purchase of goods. We will launch this in time for the Christmas Crash Courses and January term.

Going Green

This will be almost the last paper correspondence you are going to receive from us. Swalings Antigua has gone green. We will be sending out all course letters, Swalings Voices and any other information via email from now on. So please make sure you give your email address to the Swalings Poolside / Pitchside Manager. You must then subscribe via an email link in order to be kept in the loop... we don't want you to miss out on any important information - changes to the schedule, new term dates, crash courses, special offers, events and especially the early bird payments!!

Endless Pool

Birthright 2 months to 4 months

Our 2 to 4 month classes have been a huge success and the difference it makes to the children when they join the mainstream swimming is enormous. If you have just had or know anyone with a new baby and want to get them swimming early then please call the office and get them started. Both Mummy and Daddy are very welcome to attend these classes and gives a real insight to what to do at the pool when going on your own or on holiday it also helps give the baby the chance to acclimatize to the water in a warm and safe environment.

Tri-athletes

Several tri-athletes have now used the pool for stroke analysis and stamina. Some novice tri-athletes have found the pool invaluable to build up the distance for open water swims as there are no turns to break the swim.

The way it works

The swimmer swims on the spot while a smooth flow of water moves past you at an appropriate speed; so you simply train your way and at your pace. And while swimming, you can even watch yourself in a submerged mirror, so you can see your stroke technique.

Training

You can have someone to help you with the improvement of your strokes or you can hire the pool for your own training. You chose what is best for you.

Useful information

- Toilet, shower and changing facilities are situated in the pool house. We ask all swimmers to use the shower before swimming and wear a swim cap. Terms and condition of pool use apply and must be abided by.

Special needs and shy swimmers

The water is so warm that we have a real success rate when teaching our special needs clients to swim, it also great for swimmers that are shy and want the privacy of their own pool. If you wish to learn more please call the Head Office.

New Team member

We have a great lady Angela Arnold now working in the accounts department, so a very warm welcome to her.

Contact us

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