



## Newsletter December 2017

### Term Dates

Term starts Sunday 7th  
January 2018

Half term Sunday 11<sup>th</sup>  
February to Sunday 18th  
February incl.

Last lessons week  
commencing Monday 19<sup>th</sup>  
March 2018

Full details can be found on  
booking forms, the front  
page of the website and on  
the 'Timetable & Calendar'  
page.

Follow us on Facebook and  
Twitter.



### Diary Dates

### Message from Abingdon Dolphins Swim Club

As the current term comes to an end and thoughts turn to the holiday period we would like to say 'Thank you' to all our swimmers and parents for their part in making lessons successful and enjoyable.

We hope you all have a pleasant and restful time over the holidays and look forward to seeing you all in January.



### Life Saving

New for January 2018...

Rookie Life Saving on Friday afternoons.

Suitable for swimmers from Stage 5 onwards, these sessions provide an introduction to life saving skills.

The bronze, silver and gold awards offer survival and rescue skills complementing the children's swimming lessons providing them with the tools to keep themselves and their friends safe in the water through a range of fun activities.

Lessons will be at 4.00 on Fridays.

For older swimmers (12+) we have 'Survive & Save'. A programme of awards (Bronze, silver & gold) which are challenging but fun to complete and ensure that participants continue to develop their lifesaving skills as they progress through the awards. Specialisation is possible and include 'Beach' and 'Still water' options amongst others.

Sessions are on Friday evenings at 7.00.

### Adult Swimming Lessons

New for January 2018...

Swimming Lessons for Adults. It's never too late to learn to swim and enjoy all the benefits of being able to swim confidently.

Go swimming with the children or visit a water park. Have fun in the sea. Maybe take up a new pastime such as kayaking or sailing or for the more adventurous, scuba diving.

Lessons will be on Sunday mornings at 10.00 for 30 minutes in a small group.

Get in touch for more details and open up a whole new world in the new year.

Swimming is an excellent way to shed a few pounds and stay fit and flexible.



### Communication

A reminder that term dates are available from;

1. Front page of the website
2. Newsletters
3. Timetable and Calendar page of website
4. Booking forms
5. Facebook posts
6. Twitter tweets

As the weather deteriorates over the coming months any cancellations or lesson time changes will be issued initially by email to those concerned but also via text message, our website and Facebook and Twitter.