

Abingdon Dolphins

Teaching fundamental life skills in an interactive, fun and safe environment



Newsletter May 2019

Term Dates

Half-term;
Sunday 26th May to
Friday 31st May
inclusive.

**Lessons resume
Sunday 2nd June**

Last lessons;
Tuesday 2nd July
onwards.

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

Follow us on Facebook
and Twitter.



Diary Dates

No Sunday lessons 14th
July.

Last Sunday lessons
21st July

Summer Intensives
Monday 19th August to
Friday 23rd August

Welcome...

...to all our swimmers to the
Summer Term especially those of
you who are new to Abingdon
Dolphins.
We look forward to a term of fun
and learning.



Reports

Reports will be issued this term, as
always, during week 9.
Reports will be sent by email along
with renewal forms and details of
any awards achieved.
If you have not received these
documents by the end of week 9
please check your email spam
folder before contacting us.

Sundays

We have been informed by Radley
College that they require the use of
the pool on Sunday 14th July.
Unfortunately, this means that we
will have to cancel lessons on that
day however we have replaced this
lesson with a lesson the following
Sunday - 21st July. This is the last
lesson of the term.

Pre-lesson food

At Abingdon Dolphins we are only
too aware that some children need a
snack before swimming lessons.
Below are some ideas for pre-lesson
snacks;

Unsalted nuts/peanut butter
sandwich (wholegrain bread)
Cereal bar
Banana
Yoghurt
Smoothie
Dates, raisins



These will give your child a
consistent supply of energy during
their swimming lessons

Avoid sugary, fatty and spicy foods.
These are harder to digest and can
lead to indigestion and/or discomfort
during the lesson.

Summer Intensives

This year's Summer Intensives will
run from **Monday 19th August to
Friday 23rd August (5 days)**

- Beginners & Improver classes
- Introduction to Diving
- Stroke Improvement workshops
- Working with Snorkels and
Flippers - Including Monofins
- 1 to 1 lessons

Please visit the [website](http://www.abingdondolphins.co.uk) for further
details and booking form