

# Abingdon Dolphins Swim Club

www.abingdondolphins.co.uk

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## Newsletter October 2017

### Term Dates

Sunday 17<sup>th</sup> September  
To

Sunday 10<sup>th</sup> December

Half Term

22<sup>nd</sup> October

To

29<sup>th</sup> October incl.

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

### Welcome

A very warm welcome to all our new swimmers this term and a welcome back to our existing ones. We hope that you are all looking forward to a term full of learning, progress and of course lots of fun.

### Stage outcomes

Abingdon Dolphins Swim Club uses the Swim England Learn to Swim Framework under the ASA umbrella.

It gives the core aquatic skills needed to become competent swimmers. These are:

1. Entry
2. Exits
3. Floatation and Balance
4. Rotation and Orientation
5. Streamlining
6. Aquatic Breathing
7. Travel and Coordination
8. Water Safety
9. Health and Fitness

By learning, becoming competent and then mixing together these skills, a child will understand the processes needed to swim all of the four strokes; front crawl, backstroke, breaststroke and butterfly.



Each of the 7 stages of the Swim England Learn to Swim Framework has a clear set of targets (outcomes) for the swimmers to meet so they can get to the next stage.

Abingdon Dolphins Swim Club feel that the children should be able to perform these outcomes repeatedly, proficiently and without reminder i.e. the skills are intrinsic, in order to achieve a 'pass'.

Children learn at different rates. Some will take a little longer to learn a skill and therefore it will sometimes take

more than one term to complete a stage.

The framework is designed such that children will be aged between 9 and 11 when they complete stage 7.

### Reminder

Swimmers should use the toilet and blow their noses prior to coming poolside....

No jewellery, including friendship bands etc. and swimming hats should be worn (compulsory at Kingfisher and girls with long hair at Radley)

Please use the lockers at Radley. There are not enough cubicles to allow for clothing to be left in the cubicles as this leaves incoming swimmers nowhere to change. Clothes may be moved to lockers without notice if found in the cubicles.

Please leave valuables at home....

### 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, the website and Facebook and Twitter.