

Abingdon Dolphins Swim Club

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



Newsletter October 2018

Term Dates

Term starts:
W/C Sunday September
16th

Half term:
Sunday 21st October to
Sunday 28th October incl.

Last lessons:
W/C Monday 26th
November

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

Welcome...

... all our swimmers, old and new, to our Autumn Term. We hope everyone had a peaceful summer and managed to enjoy the lovely weather.



Congratulations!

To Sophie who passed her Level 1 Teaching course during the summer. Some of the swimmers will have already come across her. Sophie will be a great addition to the teaching team.

We hope everyone had a peaceful summer

Wednesday classes

We currently have a number of spaces available in our Wednesday afternoon classes at Kingfisher.

If anyone would like to move to one of these classes, where class number are obviously that much smaller, please contact Jayne

Did you know....?

... Abingdon Dolphins Swim Club can provide Lifesaving courses which fulfil the requirements for Skills and Physical for the Duke of Edinburgh Awards, Bronze, Silver and Gold and also for GCSE P.E. and A Level Sport. Classes take place on Friday evenings at Radlev. Contact Jayne for details.

Adult Beginners

We have a small number of spaces for adult beginners on Sunday morning.

The classes give you an introduction to the pool, helping to build your confidence in the water as well as learning a few basic aquatic skills.

The classes take place in shallow water, helping you build confidence at your own pace in safety.

We will be with you every step of the way as you become more confident and swim independently over short distances.

With increased confidence and stroke technique we can progress to swimming in deeper water.

Get in touch with Jayne to discuss your individual requirements

Reminders

Term dates can be found at the following locations;

1. Newsletter
2. Booking forms
3. Website

Boys should ideally wear tight fitting trunks. Learning to swim is hard enough without having to counteract the effect of 'baggy', 'draggy', 'sinky' shorts!

