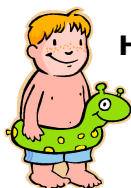


Bluefins Lessons News



December 2010



Holiday Lessons

We are hoping to offer one of our popular Holiday Courses at Cranbourne during Half Term, Monday 21st to Friday 25th February. These lessons will cost just £8 for the whole week and will run between 1.30 and 4pm. If you would like to book a place, please do so by emailing Sue (see contacts) or fill in the slip below. Places tend to go quickly, especially in shallow end lessons, so don't leave it too late!! Why not invite friends – places are not limited to Bluefins members.

Child's name: _____

Date of birth _____

Contact (email or address)

Level (shallow, middle, deep)

Preferred time (1.30, 2, 2.30, 3, 3.30)

NB: Requested times cannot be guaranteed.

Colin

Many of our children (and their parents!) will have been taught by Colin at some time. Most recently he has been Lead Teacher on Sunday mornings. We are sorry to say that Colin will no longer be teaching

for Bluefins from January. He has taken on a greater role in the Club as coach to our Youth Squad and this, together with a full time job, no longer allows him time to teach. In addition, Colin suffered a minor stroke recently, an obvious pointer to the need to 'slow down' – something none of us imagine him doing! We are all grateful for the time he has given and are pleased that we will still see him on poolside – just not at Cranbourne. Thanks, Colin!

Keeping warm

With winter here again, we need to think about keeping warm. Temperatures tend to fluctuate at both Cranbourne and QMC, largely dependent on the air temperature around the pool. We recommend that children wear **hats** - a large proportion of heat is lost through the head and most heads are out of the water most of the time. **Body suits** keep in the heat. Our 'shop lady' Jenny often has a supply, so watch out for her visits or go to her website: www.fastlegs.co.uk to make contact.

I would also recommend that children don't wait for their lesson dressed only in swimsuits – bring a **jumper or track top and shoes** onto poolside and remove them just before swimming.

Drinks

It's vital that swimmers keep hydrated during their lesson. Children in Blue and Purple groups, swimming lengths of the pool should bring a drink bottle (plastic, of course!) to the lesson and leave it at the end of the lane to drink between lengths. Water is best, but a non-carbonated drink, well-diluted is OK.

Questionnaire/feedback

Thanks to those parents who filled in our recent questionnaire. We will try to let you know the outcome shortly.

One of our teachers is in the process of compiling a short feedback form for your children to fill out. It won't take long – please help your child to answer the questions before the start of their lesson.

Feeling unwell/eating before lessons

We have had a couple of incidents when children have been sick, recently. Sometimes, this just can't be helped, but it is best if the following rules are followed:

- Children **MUST NOT** swim if they have had a tummy upset or diarrhoea within 24 hours
- Children should not swim if complaining of tummy ache.
- Children **MUST NOT** eat within an hour of going into the pool. A light snack shortly before this time is fine, but full meals should be left until after the lesson.

It has been our practice to allow children who complain of tummy ache to sit out for a while, and then gently encourage them to 'have another go'. But because of the disruption, not only to our children, but also to other pool users, of sickness in the pool, teachers will not allow these children to re-enter the pool during that lesson.

Changing Rooms

This seems to be a continual plea! PLEASE don't leave clothes or belongings unattended in the changing rooms at either Cranbourne or QMC. Things have been known to go missing and we have no control over who has access to the changing facilities. QMC has lockers and at Cranbourne, children should bring clothes onto poolside while they are swimming.

And a reminder – **Mums in girls changing rooms and Dads in boys changing rooms only**. Please respect the privacy of our older swimmers, helpers and teachers, both male and female.

Lessons cancellations 'chain'

I'm thinking of organising some kind of 'chain' to pass on last minute information regarding cancelled lessons. It won't work without several parents for each day, so please think and let me know if this is a way in which you would be happy to help. You would need to have a mobile phone with capacity for several text messages that won't cost you a fortune!



Don't forget to keep me updated on your **email address and mobile numbers** – they can be invaluable when lessons are cancelled, as we have found out several times this term!

Provisional Lessons Programme from Jan 11

NB times given below may change depending on demand. Many groups are already full, so if you want to change, it would be best to give alternatives.

Mon	CB	4.30	R	O	Y	G			
		5.00	R	O	Y	G	S		
		5.30	R	O	Y	G	S		
		6.00	R	O	Y	G	B	P	
Tue	CB	4.30	R	O	Y	G			
		5.00	R	O	Y	G	S		
		5.30	R	O	Y	G	S		
		6.00	Y		Y	G	B	P	
Wed	CB	5.00	R	O	Y	G	S		
		5.30		O	Y	G	S		
		6.00	R	O	Y	G	B	P	
Thur	QMC	4.30	R	O	Y	G	S		
		5.00	R	O	Y	G	S		
		5.30			Y	G	B	P	
Fri	CB	6.30	R	O	Y		S		
		7.00		O		G	B	P	
Sat	CB	9.30					B	P	
		10.00	R	O	Y	G	S		
		10.30	R	O	Y	G	S		
		11.00	R	O	Y	G			
Sun	CB	11.30	R	O	Y	G			
		9.30		O	Y		B	P	
		10.00	R		Y	G	S		
		10.30	R	Tadpoles					
		11.00	R	Tadpoles					
		11.30	R	O	Y	G	S		

Xmas Break

With the Christmas break almost upon us, I'd like to remind you of the dates for the last lessons:

Mon: 13th December

Tue: 14th December

Wed: 15th December

Thur: 16th December

Fri: 17th December

Sat: 18th December**

Sun: 19th December**



**Please note additional lessons on these days due to missed lessons this term.

Lessons begin again on January 8th - please see the enclosed Lesson Confirmation letter for individual start dates next year.

All our teachers and helpers would like to wish you and your family a Merry Christmas and a Happy New Year. We look forward to seeing you in 2011!!

Contacts

Sue (lessons): 01256 418710

Email: sue.lambert@swimbluefins.org

Club Office: 01256 351921 – leave a message and we'll get back to you

Club Website: www.swimbluefins.org

