

Bluefins Lessons News



March 2011

Reg Charity No.1114225



Easter Break

The last lessons for this term are as follows:

Mon: 4th April Tues: 5th April
Wed: 6th April Thurs: 7th April
Fri: 8th April Sat: 9th April
Sun: 10th April

We start back again on Tuesday 26th April - please see the enclosed Lesson Confirmation letter for all next term's dates. With Easter so late and all sorts of Bank Holidays early on, the Summer term for Monday lessons in particular is quite short. Please be assured that we are still on track for our promised 36 lessons this year, even if only just!

Changing Rooms

Please remember – **NO Men** in the girls changing rooms and **NO Women** in the boys changing rooms at Cranbourne. Girls/boys **up to the age of 8** can go to the relevant changing room with Mum or Dad - **from aged 9** they should be in their own area. Please respect the privacy of our older swimmers, our teenage helpers and teachers and other users of the college facilities. Thanks!!

And another reminder to QMC parents – please DON'T leave your child's clothing in a cubicle in order to reserve that cubicle for getting dressed. There just aren't enough of them! If clothes or belongings are found, **they will be removed and put into a locker.**

In fact, neither Cranbourne nor QMC changing rooms are safe places to leave anything - things have been known to go missing. Please leave them in a locker or take them onto poolside – by far the safer option.

Intensive Holiday Course May/June half term and August 11.

We ran one of our popular courses in the February Half Term and are planning another for the summer break **8th – 12th August**. These courses are not only great fun, but give children chance to consolidate what they've learned in lessons and by swimming every day for a week, they learn more quickly. Put the date in your diary and watch this space – details will be out in the next Newsletter.

In addition, we may run a 4 day course in **May half term** – let me know if you or your friends would be interested. Cost is just £8 for the week with a lesson each day from Tues 31st May – Fri 3rd June, between 1.30 and 3.30pm.

Club Championships



If your child is in Yellow Group or above watch out for details of our **Sprint Championships**, which will be held at the Aquadrome on 10th July.

Children in Stages 3 – 5 (Yellow, Green and Sky) are invited to swim one length of the pool, using any stroke or combination of strokes. Everyone receives a medal! Children in Levels 6 & 7 (Blue and Purple) may enter up to 4 races. They will need to be able to swim 25 or 50 metres, depending on age, of each stroke to a high standard. I would suggest that most of our children in these groups can swim Freestyle or Backstroke, but that with Breaststroke or Butterfly, you should check with your child's teacher whether it would be sensible to enter these more technical strokes.

Watch the Club website for details nearer the time.

Certificates and Badges



As most of you know, our teachers assess your children on an ongoing basis throughout each term. Then, towards the end of the term, you receive a report and notification if your child has achieved an ASA Award. Bluefins gives these Awards automatically; there is no need to order them. **There is no cost involved to you – this is included in your child’s lesson fee.**

Bags and Hats

If your child joined Bluefins from September 2010 onwards, you will know that they should have received a bag and a hat. I’m sorry to say I have been somewhat disorganised in delivering these to some of you. If I’ve failed, please drop me an email and I will bring them along to the next session.

Provisional Lessons Programme from April 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	S	
		5.00	R	O	Y	G	S	
		5.30	R	O	Y	G	S	
		6.00	R	O	Y	G	S	B
Tue	CB	4.30	R	O	Y	G	S	
		5.00	R	O	Y	G	S	
		5.30	R	O	Y	G	S	
		6.00			Y	G	B	P
Wed	CB	5.00	R	O	Y	G	S	
		5.30	R	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	Y	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	O	Tadpoles			
		11.00	R	Tadpoles				
		11.30	R	O	Y	G	S	

Talking to teachers

There are often times when parents need to talk to teachers. We are more than happy to do this, but please respect the fact that teachers often have another class waiting for them immediately following your child’s class. Just a few words is fine, but for anything more than that, please drop me an email and I will arrange for your child’s

teacher to have a few minutes to spend with you the following week. This is far preferable for both of you than having a ‘twitchy teacher’ with a class of children waiting! You can also pass a message through me or through our Lead Teachers who may not be teaching that session.

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

Bluefins Masters

As well as teaching children to swim, Bluefins is also committed to encouraging adults to continue in the sport. We have a thriving Masters Section with members who meet to train anything from one to five times per week. This includes those who compete at a very high level, to those who swim for fun and fitness. We are very proud that, in the recent Basingstoke & Deane Sports Awards, Bluefins Masters were the **winners of the Senior Team** category. Well done to all our Master swimmers!

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 the following rules **MUST** be followed:

- Children **MUST NOT** swim if they have had a tummy upset or diarrhoea within the preceding 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 now allow these children to re-enter the pool during that lesson.