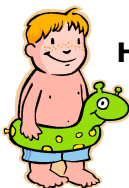


Bluefins Lessons News



December 2011



Holiday Lessons

We are hoping to offer one of our popular Holiday Courses at Cranbourne during Half Term,

Monday 13th to Friday 17th 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.

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.

Feeling unwell/eating before lessons

We have had a couple of incidents when children have been sick. 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.

Provisional Lessons Programme from Jan 12

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	B	P	
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	R	O		G	S	B/P	
Fri	CB	6.30	R	O	Y	G	S		
		7.00	R		Y	G	B	P	
Sat	CB	9.30	R	O			B	P	
		10.00	R	O	Y	G	S		
		10.30	R	O	Y	G	S		
		11.00	R	O	Y	G			
		11.30	R	O	Y	G			
Sun	CB	9.30	R	O	Y	G	B	P	
		10.00	R	O	Y	G	S		
		10.30	R	Tadpoles					
		11.00	R	Tadpoles					
		11.30	R	O	Y	G	S		

Pool Closures

As those of you whose children swim at QMC will know, it's not unusual for there to be last minute pool closures, particularly during very cold weather. Should it be necessary to cancel lessons, we use the following procedure:

1. Message on Club website
2. Email
3. Text message

So obviously, it's vital that we have your correct details. Please use Lesson Confirmation letter to update me – or simply send an email!



When lessons are due back, we only contact you if different info has already been given – so if you don't hear from us by one of the above methods, please assume lessons are running again.

Payment when lessons are cancelled

A reminder that you pay for a minimum of 36 lessons in the year between Sept and the following August. Where there are cancellations, refunds are made if we are unable to offer 36 lessons, or an alternative, during that period. Children joining later than September have the number of lessons missed calculated pro rata.

Volunteers

As you know, Bluefins is a Swimming Club, run largely by volunteers. At our recent AGM, we were pleased to have several new people agree to help out. But we are, as always pleased to welcome new people. If you have any skill that might be useful to us, please let me know. You don't have to make a huge commitment as we are aware that time is precious. At the moment we are particularly looking for people with experience in finance – but we aren't limited to that!!

Xmas Break

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

Mon: 12th December
 Tue: 13th December
 Wed: 14th December
 Thur: 22nd December**
 Fri: 16th December
 Sat: 10th December
 Sun: 11th December



**Please note additional lesson on this day due to missed lessons this term.

Lessons begin again on January 3rd - 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 2012!!

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