

# Get In The Swim

NEWSLETTER – WINTER 2009

## Next Term

Swimmers will be concentrating on their Waters Skills and stroke technique

## Badges & Certificates

In order that you can receive your badges and certificates quicker, I am introducing a return date. If request are received after this date I can NOT guarantee how long they will take to arrive.

## POLITE REMINDER TO BADDOW PARENTS

Please parents, can you refrain from coming onto poolside. As this will help your children concentrate and progress quicker.

## EQUIPMENT

We have had a couple of instances where the equipment has been damaged by swimmers. Please can I ask that the equipment is used properly and NOT abused, as it is not cheap to replace.

THANK YOU

## FOR SALE

Woggle/Noodle	£3.00
Swimming hats (latex)	£1.50
Zoggs Goggles	£6.00
Animals Floats	£3.50
Junior armbands	£3.50
Baby armbands	£2.50
Swimming lesson gift vouchers – please ask	

## THERE ARE STILL SWIMMING PLACES AVAILABLE ON

Tuesday 1.30pm - 2.30pm  
At East Hanningfield  
For Parent bay/child & toddlers  
And  
Tuesday 3.45pm – 4.45pm  
For beginners to improvers  
At Danbury

As there is a maximum of 5 per class  
At these venues, the cost is £5.00 per lesson, which is payable termly.

At Great Baddow  
Saturday 12.15pm – 2.15pm  
For parent & baby/child to teenagers  
ADULT LESSON  
Wednesday 8.00pm – 8.30pm & 8.30pm – 9.00pm  
Cost is £4.20 per lesson, payable termly

## Missed Lessons

Due to the numbers of swimmers attending classes now, I am unable for you to make up the missed lessons.

## LOST/FOUND

LOST – Saturday 7<sup>th</sup> November – pair of brown boots  
FOUND - Camp Rock swim suit.

## TIP OF THE TERM

To get the most out of your swimming lesson it is best to have something light to eat (e.g. a sandwich or a banana) about an hour before leaving home. As heavy meals can lead to stomach cramps.