



FEBRUARY NEWSLETTER – No.2



TEMPORARY POOL CLOSURE

In order for the necessary repair works to be carried out to the swimming pool tiles, the swimming pool will be closed from 12 noon on Saturday 14th February and will re-open at 6 am on Monday 23rd February. However, it will be business as usual in the rest of the building – the cardio studio classes will still run and the coffee shop & retail shop will be open. We are sorry for any inconvenience this causes – but it has to be done some time!

USE OF LOCKERS



PLEASE PLEASE PLEASE do not leave clothes etc. in the cubicles when your children are having their swimming lessons. Please place all items in a locker so that the cubicles are kept empty for changing. Thank you for your co-operation

OPEN SWIM TIMES

Need to practice? We have open swim times on Tuesday & Wednesday afternoons from 2 – 4 pm as well as Saturday afternoons and Sunday mornings. For those a bit more advanced we have Junior lane swimming on Saturday afternoons from 4 – 6 pm.



JUNIOR TRIATHLON ACADEMY

We run a Junior Triathlon Academy on Wednesday afternoons for children 8 yrs & over. During the training sessions we cover all aspects of triathlon from swimming transitions to running and bike handling. Depending on numbers we may run another session at a different time each week. For more information or to register your interest please see Martin or a member of the Academy staff. Current sessions:-
Wednesdays 4.00 – 5.00 pm 8 – 10 yr olds
Wednesdays 5.00 – 6.00 pm 11 – 15 yr olds

HALF-TERM DATES



The last swimming lessons this side of the half-term break will be on Saturday 14th February. Swimming lessons start back after the half-term break w/c Monday 23rd February for a further 6 weeks. £30 will be payable before the first lesson please. This term will finish on Saturday 4th April bringing us up to Easter.



NEW SHOP LINES

Please stop by the Shop and look at the new adult & child swimming costumes that we have in stock.

We also stock Brooks technical running apparel & shoes and TYR racing swimwear & goggles. If we don't stock something you want then please just ask!



NPTS PARENTS GUIDE

Here at the Academy we follow the Amateur Swimming Association (ASA) national syllabus for Aquatics – The National Plan for Teaching Swimming (NPTS). It is an “all-inclusive programme” which takes the non-swimmer from their first splash to developing confidence and competence in the water. To help you understand and assist your child's journey through this process we have available the Parent's Guide Book – on sale in the Shop for £3.00 each.

NEW CARDIO STUDIO CLASSES

****TOTAL BODY CONDITIONING****
****STEP & ABS****
****CIRCUIT TRAINING****

Check out the February Schedule – there is something for everyone!



DISTANCE BADGES



During lessons in the week commencing Monday 9th February, children will be able to swim for distance badges. Distance badges start at 5 metres and go up to 1 mile.