

THE POOLSIDER

Brought to you by Bishop's Waltham Community Swimming

Issue 4 – Summer 2017

Hello and Welcome to our summer 2017 edition of The Poolsider, with the up to date round up of news from your local swimming pool!

It has been a successful and enjoyable academic year at Bishop's Waltham swimming pool, with medals for the school swim squad, visits from the president of the Royal Lifesaving Society UK, and a brand new head coach for Mitres Swim Club. Lots going on, and lots of changes to come – read on for more details on these!

Our BWCS membership details for September, at the time of writing this, are due to be released in the...

... next few days. And will offer savings to those who swim regularly - even if it's just once a week!!

We would like to take this opportunity to wish you all a lovely summer, and say a huge thank you for your continued support of your local pool. Happy Swimming!!

With thanks, BWCS Team

PUBLIC SWIMMING TIMETABLE

Tuesday

12:00 – 13:00 – Lane Swim
19:00 – 20:00 – Lane Swim
20:00 – 21:00 – Lane Swim

Thursday

12:00 – 13:00 – Lane Swim
17:00 – 18:00 – Fun Swim
18:00 – 19:00 – Lane Swim

Friday

17:00 – 18:00 – Fun Swim
18:00 – 19:00 – Fun Swim

Saturday

11:00 – 12:00 – Fun Swim
12:00 – 13:00 – Fun Swim

All our sessions are open to the public

Pay as you go

Children - £3.20 Adult - £3.80 Under 5s – £1.00

Year and Half Year Memberships Available!

ONLINE

What to know about updates to your local swimming pool before anyone else?

@BWCSwimming

BWcommunity Swimming

BWCommunitySwimming.org.uk



MITRES SWIM CLUB

Firstly we would like to say a huge thank you to Lynne for all of her hard work over many years, that has allowed Mitres to flourish and develop. We wish her all the very best with any future plans, and hope she will not be a stranger!!

We would also like to extend a warm welcome to our new head coach, Matt ☺ we hope you all agree he has made a positive start with Mitres, and are as excited as we are to see what will happen next!

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The upper and lower school swim squads have trained hard throughout the year and have achieved some wonderful results in their galas and competitions. Their convincing win against St Swithuns school, Winchester was a brilliant start to 2017. The Hampshire round of the English Schools Championships saw our boys' team win gold and go on to represent Hampshire in the south east of England finals at Guildford. At the Winchester Schools gala the boys medley and

freestyle teams went on to take the gold medal in both events and the girls came 7th just missing out in a place in the final. One of our year 4 boys also came 2nd in the final of the 25m sprint against over 30 swimmers.

The season was rounded off in fine style by our lower school Aqua Splash team, who had won the South Winchester and Eastleigh regional event in the spring term and then went on to win gold at the Hampshire Games at Aldershot Garrison pool in June.



turtle tots.

Turtle Tots classes are suitable for babies to pre-schoolers and provide a really special bonding experience, as well as being fun and sociable, using songs and nursery rhymes; they start the life skill journey of introducing your little one to the water.

If you would like further information please contact Claire on 07939 525615 or at claire.murray@turtletots.com



Mandy's Minnows

Adult & Children from 6 months and Pre School.

Songs, toys, fun and water confidence in an intimate surrounding.

For further details, contact Mandy on 01489 895680 / 07760 284709 or email mandyharling@hotmail.com

Aqua Fit!

Wednesdays at 12:15
£6.00 per class, or £30 for a six class ticket.

Suitable for any age or ability.

Contact Jackie on 07510555644.



SATURDAY SEALS

Saturday mornings, 1 hr lessons

9 – 10am

Beginners & Improvers (widths)

10 – 11am -

Advanced (lanes)

Our goal is to instil a lifelong relationship with the water by promoting high quality swimming instruction in a fun and safe environment. For further details please contact Lynne Bate on: 07740775810 or email Lynne.Bate@tiscali.co.uk



Bishop's Waltham Swimming Club

Bishop's Waltham Swimming Club is very well established and offers a friendly environment focusing on providing the highest quality swimming lessons delivered by a team of highly qualified,

passionate and dedicated teachers. Our aim is to ensure all of our children reach their personal swimming goals, whilst being confident they will enjoy their time at the club.

What we offer:

- Parent and baby/toddler classes on Wednesdays
- Half hour lessons for pre-school and school children, available Monday through to Friday
- Lane swimming and Rookie Lifesaving for older children

If you would like any further information about the swimming club or classes we run, please visit our website at www.bishopswalthamswimmingclub.co.uk. Alternatively, you are welcome to contact us on 01489 892202, 07816383231 or email bishopswalthamsc@gmail.com.

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The lower school team with their gold medals at the Hampshire games at Aldershot.

LIFESAVERS

What a fantastic year we have had – yet again the recipients of two trophies from the Royal Lifesaving Society Wessex Branch. The Southampton Lifesaving Trophy, which we have won for the third year running, is awarded to the club with the largest increase of lifesaving activity. And the KW Baker Trophy for clubs, which we have won for the second year...

... running, is awarded to the club who achieved the most awards in 2016 – a real team effort by all of our lifesavers 😊

We had our first ever Distinction award this year, resulting in the RLSS UK president Ian Hutchings visiting the club – and us making the local newspaper! More excitingly, we're on track for a number of our lifesavers to follow suit – we cannot wait to see how many more Distinction awards 2017 might bring!

Lastly, and perhaps most excitingly, we are launching our brand new Junior Lifesaving classes in September! These classes for ages 8+ offer the chance to achieve the Rookie Lifesaving Awards, from Bronze 1 through to Gold 3, and will run on Fridays 7-8pm. Get in touch with us now to secure your place 😊

Thank you again for your support, Hannah, John and the Lifesaving Team



Love swimming,
but bored of lessons
- try a new challenge!

Junior Lifesaving Club

Because ropes aren't just for skipping!

You can swim 10 lengths in your sleep... So grab your pyjamas!

Learn how to save yourself, rescue others, and have loads of fun too!

He saves, she saves, on the sea shore – it's not just about the pool – learn how to help on the beach too!

Join the Squad. Become part of BW Junior Lifesaving Team

Fridays 7 - 8pm
Bishop's Waltham Junior School

For further details, contact Hannah on:

M: 07930100136

E: HannahWiggins@sky.com

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The Adventures of Arabella Pool

It was early-afternoon in Bishop's Waltham, the sun was high in the sky and bright sunbeams danced through the swimming pool windows, making rainbows and sparkles on the water.

Arabella was curled up behind the clock, safe in her hidey hole, but happy that in a few hours she would be able to glimpse the happy scenes of children laughing as they practiced their rocket shapes and penguin feet. It was as she lazily glanced down at the empty pool below that she let out a squeak of panic... There, across the pool, why it couldn't...

...be! How has they arrived without being SEEN!

But, sure enough, there they were her grandma Mimsy and grandpa Popsi. Sweltering in the heat of the pool in their bonnets and scarves, flat caps and over coats to boot. They walked underneath the barrier, staring around in wonder.... Arabella glanced quickly to each side before breaking cover and waving across the pool to them smiling. "Hiya Love" Popsi shouted. She cringed, had they no idea what the dangers of being so loud in the open could bring. Their progress round the pool was painfully slow, as Mimsy grumbled about the heat, her ailments, and gestured wildly with her walking stick... it was...

...more of a pointing stick than for walking Arabella observed. But she was glad to see them, and couldn't wait to show them her new home.

As they all nestled inside her hidey hole behind the clock, it seemed much smaller than usual... cosy Arabella decided. They had been there but a few hours and everything was covered in lace doilies, tea cosies and family photos... Where Popsi's coat had yet to reveal the secrets held in its many pockets – a toffee perhaps, a shiny key to open an unknown door, or a particularly interesting piece of twine. Mimsy poured endless pots of tea, eager to reminisce and bring Arabella up to date on family affairs, until the first few children started to appear through the doors to the swimming pool. Arabella convinced Mimsy it was time for a nap, whilst Popsi watched eagerly as the children endeavoured to form a mushroom float – "Just how do they do it" – distraction was easy Arabella realised... But she would need to work hard to ensure that their visit passed without them being discovered – staying hidden whilst entertaining was a new challenge all together!

TIMETABLE

Monday

20:00 – 21:00 – Mitres

Tuesday

17:00 – 18:00 – Mitres

18:00 – 19:00 – Mitres

Wednesday

20:00 – 21:00 – Senior Lifesaving

Thursday

19:00 – 20:00 – Mitres

20:00 – 21:00 – Mitres

Friday

19:00 – 20:00 – Junior Lifesaving

19:30 – 20:30 – Senior Lifesaving

20:00 – 21:00 – Lifesaving Masters

For Information and Class Availability Please Contact:

Mitres Swim Club - mitresswimming@gmail.com

Lifesaving - HannahWiggins@sky.com

UNIFORM GROUPS

BWCS welcomes uniform groups to use the pool during our Thursday fun swim session from 5-6pm. All of our sessions are covered by lifeguards – so no worrying about finding safety cover! And with a reduced entry cost, why not contact us to book your club in!? We've been host to a number of Brownies, Clubs and Scouts over the past term, and it's always fantastic to see so many smiling faces enjoying our pool! Please contact GillCooper99@yahoo.com to check availability and confirm your slot!