

# THE POOLSIDER

Brought to you by Bishop's Waltham Community Swimming

Issue 1 – Spring 2015

Welcome to our first ever edition of The Poolsider, bringing you all the news of your Community Pool!

There is, as always, lots going on at the pool – including the fantastic news that the Year 6 Boys Medley Team have made it through to the National finals in Sheffield!! We wish them the very best of luck and would like to congratulate all of the swim squad on their...

...achievements this school year. Nationals will take place on Saturday 20<sup>th</sup> June and we look forward to hearing how you get on!

We hope you enjoy this edition of Poolsider and look forward to hearing your thoughts and feedback for future issues. If you have something pool-related you'd like us to feature please get in touch!

BWCS welcomes uniform groups to use the pool during our usual fun swim sessions, which are listed below. With a reduced entry cost, why not contact us to book your club in!? We recently hosted the Shedfield Brownies, who had a fantastic time – especially with all those sinkable hoops!

Contact [GillCooper99@yahoo.com](mailto:GillCooper99@yahoo.com) to check availability and confirm your slot!

## 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  
18:00 – 19:00 – Fun Swim  
19:00 – 20:00 – Lane Swim

### Friday

17:00 – 18:00 – Fun Swim  
18:00 – 19:00 – Fun Swim  
19:00 – 20:00 – Lane 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 - £3.00 Adult - £3.50

Under 5s – Free

Year and Half Year Memberships Available!

Are you interested in working as a lifeguard at our pool? Are you 16 or over? Please contact [HannahWiggins@sky.com](mailto:HannahWiggins@sky.com) for further details and application.

## BWCS FACTFILE:

**Committee Member:**

*Lynne Bate*

**Position Held:**

*Mitres Representative*

**What do you think is your greatest achievement?**

*Representing Western Australia country in Water Polo*

**What is your favourite thing about our pool:**

*It's there round the corner and delivers quality lessons*

**What would be your superpower?**

*Tolerance!*

**5 seconds to evacuate the house, what's the one thing you grab?**

*Clean knickers!!!*

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## 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: 01489 896 102 / 07740775810 or email [Lynne.Bate@tiscali.co.uk](mailto:Lynne.Bate@tiscali.co.uk)



Turtle Tots are pleased to be celebrating a year of lessons on Monday mornings in the beautiful Bishops Waltham pool.

The classes are suitable for babies to preschoolers 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](mailto:claire.murray@turtletots.com) for further information.

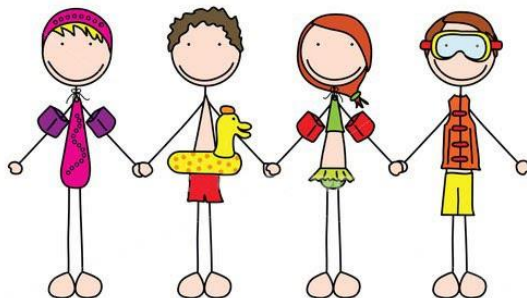


## Mandy's Minnows

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](mailto:mandyharling@hotmail.com)

## There's something for everyone at your local pool!



## 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](http://www.bishopswalthamswimmingclub.co.uk). Alternatively, you are welcome to contact us on 01489 892202, 07816383231 or email [bishopswalthamsc@gmail.com](mailto:bishopswalthamsc@gmail.com).



Mrs Cooper and the Swim Squad Year 6 Boys and parents would like to thank Budgens & everyone who supported them in their bag pack – helping them to raise £312.61 towards their kit for English Schools National Swimming Finals in Sheffield. We wish them all the very best of luck in their quest for Gold on 20<sup>th</sup> June!



## Aqua Fit!

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

Suitable for any age or ability. Contact Jackie on 07510555644.

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## MITRES

Our greatest achievement for the club has been gaining reaccreditation for Swim 21 – it puts us right in the mix with other clubs nationwide!! Even at our level as a development club, we still have swimmers who are placed high in the Hampshire rankings!

Upcoming Competitions:

- Portsmouth Northsea Gala – 18/19<sup>th</sup> July (a team of 19)
- Southampton Gala – 26<sup>th</sup> July (team of 8)
- Fareham Nomads Gala – 6<sup>th</sup> June (22 entries)  
To be held at BISHOP'S WALTHAM pool!!
- Youth Games at Totton Leisure Centre – 21<sup>st</sup> June  
Are you in years 3,4,5 or 6 – we need you to enter!

Are you interested in joining Mitres? You'll need to be able to swim 2 of the 4 strokes competently over a distance of 20m (two lengths of our pool).

Lastly, it's great having parental help now, a BIG thank you to the parents for their support!!

## SOCIAL MEDIA

Add us on Facebook!

- BWcommunity Swimming
- Bishops Waltham Mitres Swim Club

## UPDATES

We are currently in talks with Hampshire County Council about replacing the changing room floors and pool surround – we'll keep you posted on the situation and when the works are planned to take place. Watch this space!!

## LIFESAVERS

We are proud to announce that we (BWCS) are the winners of the Southampton Lifesaving Trophy 2014! This is awarded to those who have made the largest increase in lifesaving activity over the past 12 months, in comparison to the average of the previous 2 years. Thank you so much to everyone who made this possible and your continued support!

In other news our annual trip to the beach has been announced for 21<sup>st</sup> June – we look forward to another fun filled day of beach activities and learning how Beach Lifeguard Clubs operate.

We are also pleased to announce our first ever Stillwater training this Summer – this is available to all our existing lifesavers – please ask Hannah for further details and to reserve a space =)

Lastly, we would like to welcome our three new Lifesaving Instructors to Bishop's Waltham! Zoe, Lara and Josh are a very welcome addition to the lifesaving team, and we look forward to seeing them and the classes' progress and develop.

Thank you again for your support, Hannah and John

## DECISION MAKING

Would you like to help shape the future of our swimming pool? Do you have exciting ideas you'd like to share with us? Perhaps we could be doing something better and would like to help make a change!?

We are searching for those who are looking to make a difference in their community! Be that assisting in taking an individual project forward or to take on a role as part of our committee, do you know some who might be interested?

Please contact Hannah on 07930 100136 and see how you can help your local pool.

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## *The Adventures of Arabella Pool*

Arabella peeped nervously from behind the large black minute hand... Slowly... Slowly... You can never be too careful!

She watched nervously as two red shirts, emblazoned with "LIFEGUARD" walked out of the door and disappeared round the corner.

You can never be too careful... She paused. Waiting. Ears straining for even the slightest sound of movement. The routine was all going to plan.

But you can never be too careful. All she could hear was the low, comforting hum, of the machines at work.

What the machines did Arabella was not entirely sure. But they were always whirring away, gently humming and gurgling.

All gone.... Silently she cheered... Arabella stood triumphantly, arms on hips, taking in the sight before her.

Bishop's Waltham Swimming Pool lay silent, twinkling in the moonlight which streamed through the large windows to Arabella's right.

Silence. It was a huge difference from the noise throughout the day. She smiled. During the day it was families and children who made the pool their home. At night, it belonged to her!

Arabella was proud to say she was 5 inches tall... That's a little over 12 centimetres to you and I! She was also proud to say that Bishop's Waltham Swimming Pool was her home. It had been her home for a month, a painful, cramped four weeks – spent hiding away from all the new noises, sights and smells. When moving home it was vital to learn the routines, otherwise it was very easy to be... Detected. The thought of the D word was enough to make Arabella shiver, even in the warmth of the pool's night air.

Finally satisfied that the routine was sticking to its usual nightly habits, Arabella unwrapped the string from around her waist. She fastened the end to the large minute hand in front of her with a paperclip and threw the string out in front of her, watching as it fell to the ground below.

Using her toes to dig into the string, Arabella found her footholds and starting cautiously to climb down to the floor.

It seemed to take forever until she felt the rubber flooring beneath her feet, she let go of her safety string and sprinted across the floor.

The air rushed through her hair, causing it to stream out behind her, it felt wonderful after being cooped up.

She stopped at the corner of the pool, panting slightly from the sprint.

This was her home now, and she couldn't wait to start exploring – oh what adventures she was going to have!!

## TIMETABLE

### Monday

20:00 – 21:00 – Mitres Masters and Junior Squad

### Tuesday

17:00 – 18:00 – Mitres Porpoises and Junior Development

18:00 – 19:00 – Mitres Sharks

### Wednesday

19:30 – 20:30 – Senior Lifesaving

### Thursday

17:00 – 18:00 – Mitres Porpoises and Junior Development

20:00 – 21:00 – Mitres Junior and Adult Training

### Friday

20:00 – 21:00 – Senior Lifesaving

### **For Information and Class Availability Please Contact:**

Mitres – Lynne Bate

Tel. 07740 775810 Email. [Lynne.Bate@tiscali.com](mailto:Lynne.Bate@tiscali.com)

Senior Lifesaving – Hannah Wiggins

Tel. 07930 100136 Email. [HannahWiggins@sky.com](mailto:HannahWiggins@sky.com)