

THE POOLSIDER

Brought to you by Bishop's Waltham Community Swimming

Issue 3 – Summer 2016

Hello and Welcome to our summer 2016 edition of The Poolsider, with lots of tasty titbits and updates from your local swimming pool!

It has been another busy academic year for our swimming pool, with lots of love, laughter and emotions soaked up by those poolside walls! And within the following pages we hope to give you a flavour of some of the exciting activities that have taken (or will be taking) place.

Firstly, a matter which I know is of great interest to our pool users – to confirm, a new poolside barrier has been ordered and is being made to our specifications as I type! We hope to have a date for fitting in the not too distant...

...future – it's all very exciting! The new barrier is a purpose made product, specifically designed for the harsh swimming pool environment and made to measure for our pool. Watch this space!

Our BWCS membership details for September 2016 will be released in the next few weeks. I am happy to announce we have managed to keep costs the same as the current year, so please check the details as they can offer some huge savings for regular swimmers – even if you only swim once a week!

Wishing you all a lovely summer and lastly, a huge thank you to all for your continued support of our pool. Happy Swimming!!

Hannah, BWCS Chairperson

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!

CARNIVAL

We hope to see you at Bishop's Waltham Carnival on Saturday 11th June. Come rain or shine you'll have the chance to hook a duck or have a lucky dip with a twist – we look forward to seeing you at our stand!

SOCIAL MEDIA

What to know about updates to your local swimming pool before anyone else? Add us on Facebook and Twitter for updates!

@BWCSwimming

BWcommunity Swimming



WEBSITE

We are very proud to announce the launch of our BWCS website, which is dedicated to the swimming pool and its users. Check out our site today at: bwcommunityswimming.org.uk

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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

Our Hoist System

Did you know that we have a hoist system for getting in and out the pool? Would you love to be swimming but are worried about not being able to enter the water safely - Why not test drive our lovely portable hoist system? Our lifeguards will ensure you're sitting comfortably before you are lowered gently into the water. And once you're finished swimming, they lower the seat back into the water and bring you back to the pool side. Whether it's because you're no longer comfortable with the pool steps, or are recovering from an injury, swimming can be one of the best forms of gentle exercise so why miss out! If you would like to use the hoist during one of our sessions, please drop a quick line to HannahWiggins@sky.com so that we can prepare for your visit.

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

SCHOOL NEWS



We would like to say good luck to Mrs Cooper, Mr Campbell and Mrs Daniels who after weeks of swatting are undertaking their National Pool Plant Foundation Certificate. This is a vital role in order for our pool to flourish and grow. In other news, it has been another fantastic year of achievements from BWJS Swim Squad, here's to another great start in September! Go Team!!

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.

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.

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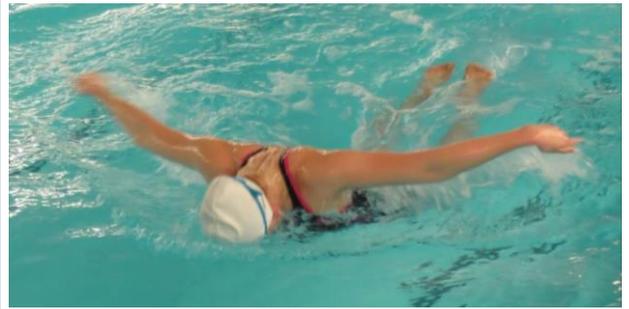
Mitres Swim Club

We have recently acquired our underwater camera ☺ and would like to say thank you to those who have made contributions to the cause! Packed with features such as stills and slow-motion capabilities, it should really help us to capture our swimmers strokes and starts and help you to improve. Exciting times!!



We are pleased to announce that the trialling of online payments was a huge success and will be continuing next year ☺

Many thanks,
Lynne and Nicki



LIFESAVERS

We have had a great few months, having been the recipient for two trophies from the Royal Lifesaving Society Wessex Branch. The Southampton Lifesaving Trophy, which we have won for the second year running, is awarded to the club with the largest increase of lifesaving activity. And the KW Baker Trophy for Clubs is awarded to the club who achieved the most awards in 2015 – a real team effort by all of our lifesavers ☺

We awarded our first ever Gold Medallion awards this year, a very proud achievement for both the recipients and our instructors – absolutely fantastic! And a handful of our longest serving lifesavers are well on their way to achieving the Distinction Award – the highest accolade in lifesaving. But others have also been busy, some gaining their first award, and others using their lifesaving with us towards their skill, physical or voluntary section of their Duke of Edinburgh award. Hannah thinks she has signed more books this year than ever before, which is brilliant to hear!

Lastly, this year we have been happy to welcome new instructors to our team. John (yes, a second one!) is now helping out with Friday's Senior Lifesaving, and Max and Jenni are now helping with our Wednesday's Senior Lifesaving – we would like to take this opportunity to say thank you for your time and dedication.

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

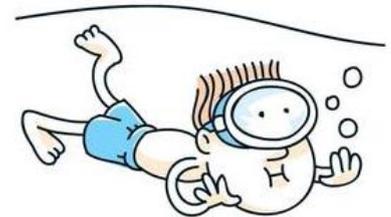
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The Adventures of Arabella Pool

Arabella was excited. She had butterflies in her tummy. It was a little over a year since she had moved in to the pool, and she was planning to celebrate. She was going to celebrate... By tight rope walking! She had been watching all morning whilst a group of people had taken all the discs off the three lane ropes and put them all back on a different piece of wire. She couldn't quite decide...

...why, although the new wires looked much newer and shinier than the old wire. Her puzzlement had quickly been replaced by delight when they had left one of the lane ropes in place and left for the weekend! The lane ropes were NEVER left in place over the quiet weekend, this was the chance she had been waiting for!! She skipped towards the edge of the pool and gently lowered herself onto the lane rope below. The lane rope didn't even move, at only 5 inches tall, she was...

...so light! She steadied herself, took a deep breath, and let go of the security of the pool side. Arms outstretched she took her first few tentative steps along the discs of the lane rope. Two steps per disc and then a step across the gap. Some gaps were slightly larger, filled by a donut ring, which took a small jump to cross. In no time she was across the first 5 metre red section and onto the blue and white discs. And at half way, emboldened by her success, she even did a cartwheel across one of the blue discs!! Arabella hopped, skipped and jumped her way along the lane rope, laughing as she went. What an adventure, she was already planning the next one!



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

Senior Lifesaving – Hannah Wiggins

Tel. 07930 100136 Email. HannahWiggins@sky.com

UNIFORM GROUPS

BWCS welcomes uniform groups to use the pool during our Thursday fun swim session from 6-7pm. 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, Cubs and Scouts over the past term, and it's always fantastic to see so many smiling faces enjoying our pool! Please contact Hannah at HannahWiggins@sky.com to check availability and confirm your slot!