

## Pool to Pier—A Progress Update

### keeping you updated with:

- BSS News
- Swimming news from around the area
- Upcoming swimming events

Five months ago 13 brave swimmers signed up for this exciting new course. They are now starting to take their first few 'strokes' in the sea...

Our inspiring group of adults started swimming in the pool in February with a final aim of completing a swim around the Palace Pier this July. In this time they have really developed their strokes and stamina with some of their final pool sessions approaching distances of approximately 2km. In addition to all of their swimming they have also been learning about tides, currents, marine life and aquatic first aid.

The combination of this knowledge has allowed the swimmers to build up skills finely tuned for longer

distance sea swims.

One of the group, Charlotte Savins, reflects on her experience so far:

*I signed up for Pool to Pier for a number of reasons but one of them being I wanted to build up my confidence in sea swimming. I've really enjoyed the training. It's been informative and both my swimming and stamina have improved.*

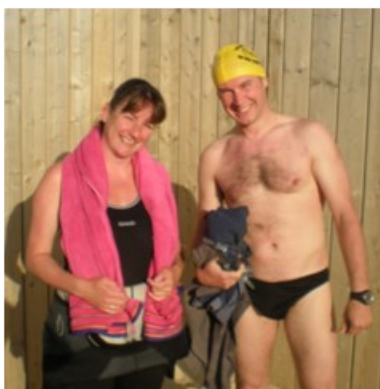
*I was nervous before my first sea swim but really enjoyed it. It was actually a refreshing thing to do at the end of a busy day. I felt in safe hands as safety is taken very seriously. The teachers are also very encouraging and enthusiastic.*

*It's been a fantastic course and I will recommend it to friends.*

The groups final pier swim is scheduled to take place next month. We will let you know how they all get on.

If this course has interested you at all then we are happy to announce that another Pool to Pier programme is planned for next Spring. To find out more detailed information please contact the Swim School office on 01273 425745.

*Pictured left: Charlotte Savins (one of our brave swimmers) with Pool to Pier Teacher Adrian Bates.*



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## Channel Distance Conquered in aid of Local Charities

On Sunday 24th May, 25 swimmers in 4 relay teams undertook the challenge of swimming the 21 mile distance of the English Channel at Roedean pool in order to raise money for five local charities.

The swim was an accumulation of months and hours of hard work and training both by those who took part and by those who were organising it. We are very proud to be able to say that many Brighton Swimming School staff were among them.

The days swimming started just after 11am with the first team finishing 5 hours and 50minutes later. All teams completed the

challenge in under 7hours—an amazing achievement.

Many swimmers exceeded what they thought they were capable of due to individual determination and the amazing level of support and team spirit on the actual day.

One of the event organisers, Cathy Stuart, said "They all did a brilliant job on the day and to give up an entire Sunday to swim miles to raise funds for charity is an example of how dedicated they are to swimming and helping others." The days events have so far seen a stunning £4000 raised for the nominated charities which are:

**Help for Heroes, Raystede Centre for Animal Welfare,**



**Chestnut Tree Children's Hospice, RNLI and Sussex Cancer Fund**

If you would like to make a donation then it is still not too late. Please contact us for information on how to go about it.

All that remains to be said is a big Well Done to everybody involved!





## Meet the Staff: Ella

Ella first joined our swim school team when she was just 15.

She came to us with no official swimming qualifications but with lots of enthusiasm.

Ella has since progressed through all of the training available and qualified as a full ASA Level 2 Teacher in 2007. She also spent a year working in the offices as the Assistant Swimming Coordinator before heading off to university.

Ella works during the term time predominantly at St. Mary's Hall both as a teacher and supervisor.

She has been awarded the 'Teacher of the Term' award for this current Summer Term in recognition of her continued commitment and contributions to the swim school as well as her excellent rapport with all of the swimmers and their parents.

We asked Ella a few quick

questions about herself and about working for BSS:

**What is your favourite swimming stroke?**

Front crawl

**What do you like about working for BSS?**

The exciting and lively aspects to the job and friendly atmosphere.

**What are your interests when you're not at the swimming pool with us?**

Socialising with friends and travelling.

## Do you know...

### ...How to get the most out of your Swim School Lessons?



**Be on time** - arriving on time for lessons is very important as it is less distressing for the swimmers and means they won't miss any part of the learning experience or the all important warm up!

**Wear suitable swim wear** - sensible swimming clothes allow better movement in the water. Some fashion clothes can be very restrictive and cause extra resistance making the whole learning experience more difficult than it has to be.



**Practice in between lessons** - as with anything in life to improve you need to practice as much as possible. The more swimming you can do between lessons, putting in to practice what was learnt in the class, the more improvement you will notice.



**Ask Questions** - all of our teachers, supervisors and staff in the office are more than willing to answer any swimming questions you may have and will happily suggest things for the swimmers to practice in between their lessons.

## Meet the Staff: Cathy

Cathy is another one of our longest standing members in the Brighton Swimming School Team.

She joined us nearly 10 years ago, after moving back from Africa, and already had a long history of involvement in swimming and other related aquatic sports.

Not only is Cathy a teacher but she is also an ASA Tutor and has been involved in training quite a number of our other staff members!

She currently teaches at

both of our term time locations, St. Mary's Hall and Roedean, and can normally be found at the deeper end of the pool with our intermediate and improvers classes.

Cathy was awarded our 'Teacher of the Term' award in the Spring Term in recognition of her continued contributions to our swimming school and for her professionalism, commitment and excellent rapport with all of her swimmers and colleagues.

We asked Cathy a few quick questions about herself and

about working for BSS:

**What is your favourite swimming stroke?**

To swim—backstroke

To teach—Breaststroke, backstroke and butterfly

**What do you like about working for BSS?**

Being able to pass on my swimming knowledge and see the swimmers progressing as well as the family/team spirit with the other staff.

**What are your interests when you are not at the swimming pool with us?**

Gardening, sewing and cooking.



## Autumn 2009 - Summer 2010

### Same High Standards and Service - New exciting Programme

*At Brighton Swimming School we always aim to provide the best service possible for you and your children. After much research, and listening to your supportive feedback, we have been looking at ways to further improve these services. We feel that there is no better time to introduce some exciting new changes than at the beginning of the next academic year, this September 2009.*

But fear not, many things will remain exactly the **SAME!**

- Most importantly the **Price** - we are **freezing the cost** of 6 lessons for the 2009/2010 programme at the **current £46.95** for group lessons and £91 for one to one's. The current discount offers will still also apply.
- The **maximum number** of children in one class will remain **nine**.
- Lower ability classes will still have a ratio of **one instructor to three children**
- The **Locations** - although please note that St. Mary' Hall will now be known as Roedean, Eastern Road.
- Our high **Safety Standards**
- Our **friendly and enthusiastic staff**
- Achievement **Certificates**

In addition to the existing services above we will now also be offering:

#### ⇒ **12week Terms**

We are combining 2 of our current style terms and making them one. We will *still have the half term week off* in the middle of the 12week term and *payment can be made in two instalments* i.e. £46.95 at the start of each 6 week 'half term', the same as you currently do now.

The increased benefits are:

**Better continuity with a teacher** - the swimmers will be with the same teacher for a 12 week period.

**Increased swimming progression within the term** - as swimmers stay with the same teacher and class for longer a better working knowledge is built up and allows for more progression/development in one term.

**All Testing done within normal Lesson times** - no more having to book for extra testing and come along on a separate day or evening.

**Less re-booking** - this will only need to be done 3 times in a year instead of the current 6!

#### ⇒ **Progression Report Cards**

In week 6 of our new terms we are pleased to announce that you will be given/sent a *Progression Report Card*. This will let you know exactly what your children's teacher feels they have been doing well and what skills and activities they need to practice more.

#### ⇒ **More opportunities for lengths swimming**

Within the 12 week term we will be introducing two 'lengths weeks.' The layout of the pool will alter slightly but each class will still have their allocated space and a space allowing for a progressive lesson to take place. For the more advanced classes this will provide an opportunity for stamina building and distance swimming as well as being able to practise skills which require shallow water. For the lower ability classes this will provide either an opportunity for deep water experience, making their first 15 metre or longer swim less daunting, or slowly orientate them to the larger pool environment.

#### ⇒ **A New Re-booking System**

At the end of our first term in the 2009/2010 academic year, December 2009, we will be introducing a new rebooking system which will guarantee booking priority to existing customers and no longer allow booking for any term at any time. Our aim with this system is to show our loyalty to you as existing and often long standing customers of Brighton Swimming School. More specific details will be sent to you in September explaining the new system in more depth. Until that point the old re-booking system still stands in its entirety.

*These new changes have been designed with the swimmers progression at the forefront of our minds. We are confident that all of the changes will improve your swimming and learning experience at Brighton Swimming School.*

*If you have any questions or queries about the above then please do not hesitate to speak to the poolside supervisors or contact us in the office on 01273 425745. We are more than happy to help.*



Come join us for some  
**Summer  
Sporting  
Fun!**

**TAKEPART**  
Brighton & Hove  
International Festival of Sport

BSS will be taking part in the  
following Brighton events;

**Saturday 27th June**

Take Part Festival, Preston Park

12pm to 5pm

**Saturday 4th & Sunday 5th  
July**

Paddle Round the Pier, Hove Lawns

Sat: 9am—8pm

Sun: 9am -6pm



**SUMMER INTENSIVE  
SWIMMING COURSES**

**Brighton College**

**2009 PROGRAMME**

We are offering a comprehensive Swimming Programme  
during the Summer Holidays at Brighton College on  
Eastern Road in Brighton.

All the courses are 5 days long and are being held  
on the following dates:

**Week 1**

**Monday 27th July – Friday 31st July**

**Week 2**

**Monday 3rd August – Friday 7th August**

For more Information or to Book:

Call - 01273 425745

Email - [info@brightonswimmingschool.com](mailto:info@brightonswimmingschool.com)



TTL are 'Teacher Training Lessons' operated by Brighton Swimming School on behalf of our sister company Brighton Swimming Teachers Centre, who train people to become swimming teachers. Their students need to have the opportunity to teach classes.

*As the teachers are in training or enhancing their skills these lessons run at rock bottom prices...*

Please contact us or pick up a leaflet to find out more information about how the courses run or the next suitable course for you. We will be happy to answer any questions you have.

01273 425745

[info@brightonswimmingschool.com](mailto:info@brightonswimmingschool.com)



**Pavilion Training**

Whether you are a child care provider, a carer for the elderly or are just seeking to learn new skills, Pavilion Training offers courses that can increase your knowledge, as well as your employability and make you an asset in an emergency.

Our certificated courses are valid for three years from the date of completion and comply with Government Legislation. These include courses in Paediatric First Aid, First Aid at Work, Emergency Aid for Appointed Persons, Food Safety in Catering and Health and Safety. Providing high quality tuition at the most affordable price possible is paramount.

Please contact us to discuss your training needs, we look forward to hearing from you.

Telephone: 01273 425747

Email: [info@paviliontraining.com](mailto:info@paviliontraining.com)

[www.paviliontraining.com](http://www.paviliontraining.com)

