



UPPINGHAM SCHOOL SPORTS CENTRE

SWIM SCHOOL NEWSLETTER



Welcome Back,

I wanted to take this opportunity to welcome you back to swim school after a great summer. During the summer holidays we held our successful crash courses that many of our swimmers joined and greatly benefitted from, both teachers and children had a great time.

We still have availability in all our stage classes and offer free swimming assessments for those children who would like to join our swim school. Our assessment days/times are Monday's 18:15 and Sunday's 12:30, please contact the reception team to book on.

New Teachers,

We have welcomed a few changes to our swim school team this term with the new addition of Luca on a Saturday and Sunday and Will our stand in teacher who will cover lessons when needed, both come with a wealth of knowledge and have both previously swam and taught at different pools, we're very lucky to have them.



Goodbye,

We said goodbye to our Operations Manager, Chris who was very often seen teaching swimming. During his time at USSC, Chris developed our swim school to the success it is today. We wish him luck in his new role at Oundle school. Farewell also to our assistant teachers Alice and Sophia who have gone to university, both have been amazing and offered our teachers and swimmers so much support and both will be greatly missed. It's not goodbye forever though as they will be back during the holidays to help when needed.

FAQ

Q - Why has my child been in stage 5 for so long?

A – Stage 5 is one of the hardest stages to complete, it requires the swimmer to perform 10m of front crawl, backstroke, breaststroke and butterfly to Swim England standards. Previously in stage 4 the requirement is leg kick only in all four strokes, many children will find the jump from leg kick to full stroke especially in breaststroke and butterfly quite challenging and therefore will spend longer in stage 5 than any other stage.

Q – When will my child swim in the deep end?

A – Our swim teachers will aim to introduce children into the deep water at some point in stage 3, its usually for the last few minutes of their lesson. Once the swimmer is confident in the deep water and swimming at least 10m on their front and back across the deep end then they will be moved up to a stage 4 class.

Q – When can my child join the swim school?

A – From 4 years old children can join a stage 1 class, children aged 2-3 years can join one of our ducks' classes that are held on a Friday and Saturday morning, this is a teacher led lesson where parents are required to support their child in the water.

Q – Can my child join the “Club Development Class”?

A – Our club development class is held every Wednesday at 18:30 with Derek, this is a session that offers an insight to club swimming for those children who are interested in competitive swimming. We encourage our swimmers to have completed stage 7 before joining this class.

Q – How many weeks is this term of swim school and what are the dates?

A – 7 weeks of swim school from Monday 2nd September – Sunday 20th October.

Q – What is the difference between a “full” and “only” swim school membership?

A – A “full” membership includes swimming lessons and full access to all our family and fun splash swims. An “only” membership includes just swimming lessons.

Q – What days of the week does swim school run?

A – Monday, Wednesday, Friday, Saturday and Sunday.



See you around the pool,

Lynette Harrison

LDH@uppingham.co.uk
(Activities Co-ordinator and Swim teacher)

