

Holme Valley Amateur Swimming Club

Dear Parent

Forthcoming Programme:

7.0.7.30

Members in these Groups are assessed continuously. Their progression is closely monitored and as soon as the Swimming Coach feels they are ready, they are tested and awarded certificates and badges. These can be obtained from Yvonne in the Main Reception, most cost £1.70.

The badges taken in this group are:

- Pool Frog 1 and 2 – taken in the shallow end of the pool
- Pool Frog 3
- Challenge 1
- Challenge 2
- Grade 3
- Grade 4

7.30 & 8.00

Swimmers at this time swim towards Grade 5 and Grade 6. In addition various schemes are introduced such as Beaver Series, Seal Series, Water Safety and Pool Rescue. It has been decided that whenever a “series” is introduced the lower levels of this series will be taught at the earlier time of 7.30 with the higher levels being taught at 8.00. This will save a duplication of 7.30 classes at 8.00. ***Please check your child’s certificates to see what level they achieved previously in each series.***

The following is the proposed time-table for the next few weeks

- **Beaver Series:** **All testing for this series is now complete**
- **Stroke Work:** **Aiming towards Grade 5 and Grade 6 : 27 Feb-7 March**
- **Distance Swim:** **13 and 15 March commencing 7.00 finishing 9.00 – see attached**
- **Gala Heats:** **To be held on 20 and 22 March ; 7.20 onwards – see attached**
- **Seal Series** **Training Commences 27 March, with a break for the Gala. Testing in the week following the Gala.**
- **Gala** **24 and 26 April – more details attached**

General Behaviour:

Could we, once again, ask you to make sure your children behave in the changing rooms and on the poolside. Unsuitable behaviour could result in removal of your child from this Club. If anyone notices or experiences any unsuitable behaviour in the changing rooms please report this immediately to either Yvonne or Vicky in the Main Reception.

Web Site

Did you know that the Club has it’s own web site – do you ever use it? Is it worth continuing? Your comments would be welcome. Why not visit: www.hvasc.org.uk

Regards

Holme Valley Amateur Swimming Club

Distance Swim

Each year the Club holds a Distance Swim. This is open to all members who can swim a minimum of 20 metres.

At 7.00 the swimmers are split into groups, these are dependant on the distance your child feels they will complete. As soon as possible the swimmers enter the water and swim for as long as they wish, they can use any stroke but **MUST NOT** put their feet on the floor or touch the pool side.

Each time the swimmer reaches the deep end they shout out their allocated number and the Marshal marks this down, thus counting the lengths.

As we only hire the pool until 9.00, all swimmers must leave the water at that time. The distance covered ranges from 20 metres (one length) to 3400 metres (160 lengths = approx 2 miles).

If your child swims at Pool Frog 1 and Pool Frog 2 level
PLEASE DO NOT BRING THEM TO SWIM ON DISTANCE NIGHTS,

Gala Heats

Each year we hold a Swimming Gala for our members. Every member is encouraged to participate as there are events which suit all swimming abilities. Prior to the Gala we hold two evenings for Heats. The four swimmers with the fastest time, from both nights, will then swim in the gala.).

This year heats will be held on Tuesday 20 and Thursday 22 March commencing at 7.20 on both nights. Please encourage your child to enter the Gala. Attached you will find your child's entry form – please complete immediately and return to Yvonne. Failure to return the forms 15 March will result in your child **NOT BEING** able to enter.

Swimming lessons which normally take place at 7,00-7.30 on these nights will only last for 20 Minutes

Gala Event

The Gala will be held on the nights of Tuesday 24 and Thursday 26 April. Commencing at 7.00.

Children not participating in the Gala will not be able to swim on either of these nights

Trophies: Could everyone who received a Trophy last year please return these to Yvonne by Thursday 5 April 2007.

Swimming Coach

You may have noticed that we have “lost” one of our regular swimming coaches who after years with the Club has moved on to do other things. We have several 14+ helpers who have successfully completed the ASA Helpers Certificate.. Also some of our current Coaches are expressing an interest in “retiring” in the not too distant future. Therefore for the Club to continue we **URGENTLY** need more volunteers.

- Have you ever thought “I would like to teach children to swim”
- Do you have any swimming teaching qualifications?
- Would you like to take some qualifications (at the Club's expense!)

If you are over 21 and have the slightest interest please speak to either Alec or Yvonne

For more information re timings etc : please watch the Club Notice-board (situated just outside girls changing room on the pool side or visit the www.hvasc.org.uk web site