

Learn to Swim

Newsletter

August 2023



Welcome to Learn to swim news, we will keep you up to date on all things happening within our Learn to Swim programme.

Crash Courses

This is an intensive course of lessons offered during holiday times, over a period of consecutive days. These lessons can boost water confidence and enhance and develop skills quicker. Available at Bedale, Stokesley and Thirsk - contact centres to book.

Learn to Swim Banner

Each centre has a Learn to Swim Superstar backdrop to take a photo of your child when celebrating a certificate for Learn to Swim.

Those posting on social media can tag us or check-in at the centre too. Don't forget hashtags **#LearntoSwim** **#swimsuperstar**



Water Safety

Yes, Drowning Prevention Week is over, but as it is the summer holidays here's some information to help keep you safe. rlss.org.uk/pages/category/drowning-prevention-week-campaign



Learn how to keep you and your family safe with water safety advice from RLSS UK (Royal Life Saving Society).

Water Safety at Home - In the Garden

- ◆ Never leave your child unattended around water. Babies can drown in as little as 2cm of water
- ◆ Watch kids when they are in or around water, without being distracted
- ◆ Keep young children within arm's reach of an adult
- ◆ Securely cover all water storage tanks and drains
- ◆ Empty paddling pools, containers, buckets and watering cans, as soon as they have been used
- ◆ Always turn paddling pools and containers upside down once empty, so they do not collect water
- ◆ Securely cover all hot tubs and home spas as soon as possible after use
- ◆ Make sure older children are accompanied every time when they swim or use hot tubs
- ◆ Install secure fencing around garden ponds (at least four feet high) to act as a barrier or add mesh or a grill on top of the pond (strong enough to support a child's weight without dropping below the surface of the pond water)
- ◆ Always turn hosepipes off at the tap, so children cannot fill vessels themselves

We have been working with Swim England, the recognised National Governing Body for Swimming to enhance the offer of our Learn to Swim programme. You may see over the coming weeks and months some changes to your current lesson provision, which have been recommended in line with Swim England's best practice support and guidance. We want to take you on this exciting journey with us and specific changes we make will be communicated before any implementation. We pride ourselves on deliver a high standard of Learn to Swim provision and as a valued customer, we want to ensure that the quality of our offer is maintained and strengthened. Your thoughts and feedback in this journey is vital and we welcome any comments.

Coach Profile

Bernie Catterall MBE - Swim Teacher at Bedale Leisure Centre

After leaving a military career spanning 33 years I was fortunate to gain the opportunity to carry on my passion in swimming at Bedale. I have been coaching, delivering and competing in aquatic sports for over 40 years and still get great enjoyment in watching children and adults gain success at any level. Over the years I have been proactive in my approach to delivery and have gained qualifications as a Level 3 Senior Swim Coach, Level 2 Swim Teacher and SEN/ Disability Teacher to name a few. I also get a kick out of helping my colleagues that are new to

teaching by passing on my knowledge and improving the team. Swimming to me is

one of the most important skills a child will learn as we know ultimately it could be the one skill to save their life. I'm now 62 and I cant see me getting away from the swimming bug for a good few years, it looks like I'm well and truly hitched. I didn't swim properly until the age of 18. I was lucky enough to meet many positive mentors on the way and I just like giving this positivity back.



Reward Relate Teach

Become an **Assistant Swimming Teacher**

Start your career as a Swimming Teacher with an SEQ Level 1 Swimming Assistant (Teaching) qualification.

Upcoming course

Northallerton Leisure Centre, DL6 2UZ
Starts Tuesday 22 August 2023
Price - £399.00

Book your place at swimming.org/ios




For job opportunities please see Jobs - Zest Leisure
zest-leisure.co.uk

Recommend a friend

If they sign up for zest Learn2 Membership you both receive £10 off your next month's payment.

Simply complete the 'Recommend a friend' voucher in centres when your friend joins.



Clothes in Cubicles

When attending swimming lessons please ensure you use the lockers provided for your personal belongings and do not leave anything in the changing cubicles. During busy periods customers are finding it difficult to find vacant cubicles due to this. Please be respectful to other users.

