

**Abingdon Dolphins**

*Teaching fundamental life skills in an interactive, fun and safe environment*

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Newsletter

September 2022

**Radley**

**Sundays**

Lessons 9.00am

Diving 9.30am

1to1 9.30am & 10.00am

Swimfit 9.30am

Adults 10.00am

**Wednesday Advanced**

Lessons 6.30pm (60 minute lessons)

**Friday**

Lessons 4.00pm & 4.30pm

**Our Lady’s Abingdon**

**Tuesday**

Lessons 4.30pm & 5.00pm

**Friday**

Lessons 4.30pm, 5.00pm, 5.30pm & 6.00pm

**Rookie Lifesaving**

Lessons 5.30pm & 6.00pm

**Lifesaving Lessons**

5.30pm to 6.30pm (60mins)

**Kingfisher School**

**Wednesday**

Lessons 3.45pm, 4.15pm & 4.45pm

**Thursday**

Lessons 4.30pm, 5.00pm, 5.30pm & 6.00pm

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**Welcome**

A very warm welcome to all our new swimmers this term and a welcome back to our existing ones. We hope that you are all looking forward to a term full of learning, progress and of course lots of fun.

**Term Dates**

 **Half term:**

Sunday 23rd October to Sunday 30th October incl.

**Time change:**

Radley - Friday lesson times move forward by ½ hour to 4.00pm & 4.30pm after October half term through to February half term.

**Last Lessons for this term:**

W/C 28th November

Full details can be found on booking forms, the front page of the website and on the ‘Timetable’ and ‘Calendar’ pages. Follow us on Facebook and Twitter.

**Timetable Changes From January 2023**

**Our Lady’s Abingdon**

The Friday 5.30pm & 6.00pm sessions will become a permanent addition.

**Our Lady’s Abingdon - Rookies**

More classes - new venue- new times.

Friday 5.30pm & 6.00pm

(30minute lessons).

**Kingfisher School**

We have taken the decision not to reinstate lessons on a Tuesday following completion of building works at Kingfisher School however we will be returning on Wednesdays & Thursdays (see below for further details)

**Radley - Lifesaving & Rookies**

Moving to Our Lady’s Abingdon, still on Fridays at a new time of 5.30pm to 6.30pm.



The following is taken from the Swim England website;

So, when can you be sure that a child is [water competent](https://www.swimming.org/learntoswim/child-stop-swimming-lessons/), rather than just showing confidence in the water?

Swim England’s **minimum** water competency standards give parents and guardians a clear set of skills that children should achieve before a child stops swimming lessons. The four competencies are:

* Perform a star float for at least 60 seconds
* Tread water for at least 30 seconds
* Have experience of swimming in clothing
* Swim at least 100 metres with ease and without stopping

**How to know when your child is a competent swimmer**

Water competency is often misinterpreted by parents and guardians as their child being able to jump into a swimming pool and being able to put their face in the water. The reality is very different.

Learning to jump into a swimming pool is an important safety skill that children often achieve in the early stages of their learning to swim journey, as it is one of the outcomes in our [Pre-School Framework.](https://www.swimming.org/learntoswim/swim-england-foundation-framework/)

This skill mimics the motion of falling into water and so it is important for helping swimmers get used to not panicking and also getting themselves to the side safely.

However, there are many other [water safety and survival skills](https://www.swimming.org/learntoswim/swim-england-water-safety-and-survival-awards/) that a child needs to learn before they are safe in water, such as floating and treading water.

[Research in September 2021](https://www.swimming.org/swimengland/millions-failing-meet-swimming-standards/) highlighted that more than 3 million seven-11-year-old children were not achieving this standard, with just 4% of the age group being classed as ‘water competent’.

Swim England strongly recommends, where possible, that parents and carers keep children in swimming lessons until they have completed [Learn to Swim Stages 1 to 7](https://www.swimming.org/learntoswim/introduction-to-the-swim-england-learn-to-swim-pathway/), as a minimum.

By this point children will have achieved all four of the minimum standards for water competency and will be much safer were they to get into trouble than a child who hasn’t demonstrated these skills.



 07931 714120

 enquiries@abingdondolphins.co.uk

www.abingdondolphins.co.uk