



SPLASH NEWS NOVEMBER 2011

Swimming is a fantastic sports and leisure activity for anyone of any age and ability. Here at Splash we teach all ages and abilities for a multitude of reasons; fun, water safety, competitions and fitness. Did you know that as water is more dense than air you'll work harder and burn more calories in a pool than in the air? It's true, so even a gentle swim can burn over 200Kcal in half an hour*. So whether you're planning on getting into that little black dress for Christmas, want to have the confidence to swim as a family or attempt your first triathlon let us know and we can work together to achieve your aims.

ALL WRAPPED UP IN A BOW

We know it's only November but we also know how quickly time flies by. Swimming toys make fantastic Christmas gifts and they'll last way beyond just Christmas day. For younger swimmers there's 'Squishees', a versatile water toy for the bath and the pool. A 'woggle' is brilliant for so many things; making into motorbike handles, a car wash or even a seahorse.....For more water confident children 'sinkers' are always fun and as confidence grows the sinkers can be used in progressively deeper water. The 'Toypedo' and 'Hungry Shark' game are great fun and as with all the toys your children will be having so much fun they won't realise it's helping their swimming! And did you know we also provide gift vouchers for a variety of amounts, an ideal to give or receive!

Beat the high street rush and order online, enter the redeem code **SPL10** and we will bring your order to your swimming lesson instead of paying for postage www.splashswim.co.uk



DATES FOR THE DIARY

Just a reminder that the autumn term finishes on Sunday 18 December 2011 and the spring term starts on Monday 9 January 2012. We will be sending out re-enrolment letters towards the end of November so please return your forms by the priority booking date to secure your preferred day/time.

Plus although the term ends we will be running additional private swimming tuition at the Stable Club, Clyst St. Mary and Middlemoor, Exeter at the times listed below.

Or why not try something new!! Diving lessons from Learning to Dive to Improving your Diving Technique....obtain a new skill and experience deep water, a fantastic life skill, plus at 3.5m deep children and adults love seeing

if they can touch the bottom! Diving lessons will be running at Middlemoor so please call Splash on 01392 833075 or email info@splashswim.co.uk for availability.

	Venue	Time	Teachers
Friday 19 th December	Stable Club	2.30-6.30pm	Various
Monday 5 th January	Stable Club	2.30-6.30pm	
Tuesday 6 th January	Middlemoor	3-6pm	
Wednesday 7 th January	Stable Club	9am-1pm	

TIPS

Do you want to help with your child's water confidence in-between classes? Over the coming weeks we will be including tips on our website on what you can practice with your children. Have a look and see what the tip is, they are all fun and will aid progression in their lesson. www.splashswim.co.uk

MIDDLEMOOR

Middlemoor have requested that door and exits are kept clear when you are waiting for your children for safety reasons. We appreciate you all adhering to the watching rota and if you are able to keep clear of the doors this would be much appreciated.

For all activities call [Splash on 01392 833075](tel:01392833075) or email zara@splashswim.co.uk

We always welcome your feedback so please do drop us an email and let us know how your lessons are going, or how we could improve Splash further.

Happy swimming

Zara and the Splash Team

*Information from British Gas SwimFit

