

## Term Dates

7<sup>th</sup> December 2019: 1<sup>st</sup> instalment due for Spring Term.

9<sup>th</sup>-14<sup>th</sup> December: Fun Swim Week.

16<sup>th</sup> December 2019 - 4<sup>th</sup> January 2020: Spring term commences.

1<sup>st</sup> February 2020: 2<sup>nd</sup> instalment due for Spring Term.

17<sup>th</sup> – 22<sup>nd</sup> February 2020: Half term.

7<sup>th</sup> – 9<sup>th</sup> March 2020: Invoices sent out by text for Summer Term.

28<sup>th</sup> March 2020: 1<sup>st</sup> instalment for Summer Term due.

30<sup>th</sup> March – 4<sup>th</sup> April: Fun Swim Week.

6<sup>th</sup> – 25<sup>th</sup> April 3 week Easter shut down.



Kingfishers Swim School Newsletter  
Winter 2019  
Issue 1

## WELCOME!

Welcome to our first newsletter and welcome to all our new swimmers. We hope you have enjoyed your term with the Kingfishers Swim Schools and if you are celebrating, that you have a wonderful Christmas.

We look forward to seeing you in the new year.

As this is our first edition, we thought we would share some information about how the swim school started.

## About the Swim School

The Kingfishers Swim School was started in 1994 by Denise after the council lessons ended. A few families were keen to continue their lessons with Denise. Almost 26 years later, Denise has taught thousands of children to swim, including her own three children (and now her grandchildren).

The Swim School has gone from strength to strength ever since, supported by the Rochford Community. Many of those early swimmers now returning with their own children. Some were even taught by Denise's mum, Eileen Bristow.

Teaching swimming in and around Rochford is now firmly in its third generation with Sophie (Denise's daughter) running Thursday-Saturday Swim School.

Thank you for your continued support.

## What's new?

Kingfishers are now offering gift vouchers.

You can buy these for children already enrolled in swim school OR for someone new.

You can also use them as a way of saving towards next term's lessons.



## Water Safety Quiz

### Question 1

Why is open water dangerous to swim in?

## Water Safety Quiz

### Question 2

Why is it a bad idea to jump in to save someone?  
What should you do instead?



Denise



Sophie

## About the Bosses

Each issue we will ask two of the teachers a few questions about them so you can get to know us better. We thought we would kick things off with us.

### **How long have you been a swimming instructor?**

I qualified in 1985 as a Level 2 Instructor but didn't start teaching regularly until 1988.

### **What did you do before the Kingfishers Swim School?**

In 1985, I started training as a psychiatric nurse at Runwell hospital. Then I worked for schools and Essex County Council teaching swimming until 1994 when I set up Kingfishers.

### **What is your favourite stroke to teach?**

I can't pick a favourite stroke. When the children do really well after a lesson of practise that's my favourite at that time. If I had to pick one I guess it would be front crawl because a good front crawl looks great. Then again so does a good breast stroke (and butterfly and back stroke!)

### **What do you do in your spare time?**

I like to spend time with my two grandsons. They're the best! When I'm not doing that I'm riding my bike, running or swimming. I love a new sporting challenge and I am a keen triathlete.

### **How long have you been a swimming instructor?**

I qualified in 2006 and started teaching at Kingfishers straight away. I had been a helper since I was 12.

### **What did you do before the Kingfishers Swim School?**

Kingfishers has always been a huge part of my life, from sitting on the poolside in my car seat as a baby to helping and teaching.

I went to Plymouth University in 2008 and qualified as a Primary School teacher. I taught in local schools until I had my children who are now 2 years old and 9 months old. Now they are regulars at Kingfishers too.

### **What is your favourite stroke to teach?**

Butterfly as it is traditionally the hardest stroke to learn so when the children get it there is a huge sense of achievement for both them and me.

### **What do you do in your spare time?**

I have very little spare time as I have two very young children! However, I love to sing and am a member of a local choir.

## Water Safety Quiz

### Question 3

Why is diving into shallow water dangerous?

Each teacher has  
nominated one  
student from each day  
they teach.  
Congratulations if you  
were nominated!

## SWIMMER OF THE TERM

Brooke Frankis

for

working really hard on her front crawl  
breathing technique.

This was an extremely hard decision as you  
can see from all the nominations below. Well  
done on another great term of swimming.

### The Nominations

- Finley Morris – for always trying his best, even when things get tricky. Finley never gives up and listens to how he can improve.
- Ellen Drichel – for fantastic improvement in stroke and confidence this term.
- Connor Harman – for showing us how baby led submersion really is the best method for gaining confidence in the water!
- Roan West – for always trying his best and coming to lessons with a smile. Roan never gives up!
- Brooke Frankis – for working really hard on her front crawl breathing technique.
- Harry Beehag-Fisher – in his new mature attitude to swimming lessons.
- Sydney Gregory – for always working hard, listening and swimming beautifully.
- Thea Storey – for cracking her fear of the deep end.
- Rubymae O'Reilly Foley - for always tackling her lessons with enthusiasm, guts and gusto and for always smiling.
- Patsy Dobbs – facing her fears and swimming without mum in the transition class.
- Megan Robinson – for being able to right herself from swimming on her back without support.
- Henry Ellis – for getting over his fear and being able to complete his swim without touching his goggles.
- Dylan Nolan – for putting his face in and swimming with it in the water.
- Joshua Elliott – for being able to do a 360 turn without mum's help and for his huge leap in confidence this term.
- Meadow Brooks – for being able to roll to breathe on her front without panicking.
- Rosina Pickup – for not giving up when breast stroke was tough.
- Eli Dokosi – for conquering her fear of the deep water.
- Matilda Ellis – for always trying her best and with a smile every lesson.
- Oliver Fickling – for his improvement this term and getting all the way across the pool on his own.
- Reuben Bakonyvari – for his huge improvement this term.
- Paisley Youles – for her huge improvement this term.
- Betty Caten – for always trying her best in her lessons.
- Amelia Tilley – for always being super positive with the biggest smile in every lesson.
- Olly Anderson – for improving every stroke and working really hard.

### Water Safety Quiz

All of the answers can be found at: <https://www.rospa.com/Leisure-Safety/Water/Advice/Children-Young-People/Water-Wise-Quiz>