

WELCOME!

Welcome to our newsletter and welcome to all our new swimmers. We hope you have enjoyed your term with the Kingfishers Swim Schools and that you have a wonderful winter break whether you are celebrating Christmas or just enjoying time with family.

We look forward to seeing you all in January and we are all hopeful that the situation stays stable so that we can enjoy another full term of lessons.

Term dates

Saturday 18th December – last day of Autumn term

Monday 10th January 2022 – Spring term commences

Monday 5th February 2022 – 2nd instalment due

Monday 14th February 2022 - Half term week

Monday 7th March 2022 – Invoices sent out by email

Saturday 19th March 2022 – First instalment due for Summer term

The first 'proper' term back

We've had some challenges to overcome this term, including staff sickness and isolation, but we thank you for sticking by us as we all learn to live with the new normal.

It has been an amazing experience to be able to be back in the water. The teachers really took it for granted and have loved being able to properly interact with the children once again.

As we enter the winter months we hope restrictions remain as they are, however we will be keeping a close eye on the guidance. Please remember to wear a face covering on poolside, in the gallery and in the changing rooms if you are able. Please only attend with one adult per family if possible and please give each other space where you can.

We have had a couple of problems with the changing room heating as we headed into the cold weather but this has now been sorted. Please don't put your towels on the radiators to allow the whole room to be heated! Sharing is caring!

Please keep your information up to date.
Email denise@kingfishersswimschool.co.uk

Let us know of any email or mobile number updates.

About the teachers

Each issue we will ask two of the teachers a few questions about them so you can get to know us better. This issue we have asked Angie and Skye to share.



Angie



Skye



How long have you been a swimming instructor?

I have been a swimming instructor for 17 years.

What did you do before the Kingfishers Swim School?

I was a travel agent before I began teaching and a mum!

What is your favourite stroke to teach?

My favourite stroke to teach is breast stroke.

What do you do in your spare time?

Home design and travel.

How long have you been a swimming instructor?

I qualified this year but I have been an aquatic helper at Kingfishers since I was 14yrs old.

What did you do before the Kingfishers Swim School?

Before the Kingfishers Swim School I was a student at school and I also danced.

What is your favourite stroke to teach?

My favourite stroke to teach is back stroke.

What do you do in your spare time?

In my spare time I like to go out with friends, go paddleboarding down Southend seafront and dance.

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 28 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.

Goggles, hats and armbands in stock

Email denise@kingfishersswimschool.co.uk

Each teacher has nominated a child from each day that they teach.

SWIMMER OF THE TERM

Emma Cole

for

for improvement in confidence and stroke and always trying her best.

Well done on another great term of swimming everyone.

The Nominations

Freya Palmer – for putting her face in and finding her pulling arms.

Henry Ridgway – for always coming in with a smile and getting to the end of the 30min lesson!

Darcy O’Conner – for conquering her fear of the deep end, settling into new lessons so well and swimming a full width on her back without rolling over.

Ivy Bramley – for always smiling, trying her best and for her impeccable behaviour. Denise would like to take you home with her!

Emmie Smith – for trying hard every lesson and getting her distance badge.

Ruby Long – for always trying her best and for swimming a full width on her front with arms.

Evie Saville – for a massive improvement in stroke and confidence.

Alfie Fordree – for always working hard and trying his best with a smile.

William Bridgley – for always giving it 110% and for always making me smile.

Polly Scott – for a massive improvement in confidence

Annie Scott – for a massive improvement in confidence (your teacher couldn’t choose between you!)

Hudson Merrifield – for his improved confidence and attitude towards swimming.

Amelia Youd – for her perseverance and good attitude.

Elsie Elms – for her excellent improvement of her front paddle and positive attitude.

Lily White – for her exceptional improvement in her confidence and for overcoming her fear of jumping in on her own.

Danny Lancaster – for always giving everything 110%.

Oscar Perrotton – for trying super hard in everything even when he finds something tricky.

Emma Cole – for improvement in confidence and stroke and always trying her best.

Hudson Wilby – for working hard every week and always with a smile.

Evie Hillier - for a huge improvement in her swimming and finally getting that face in!

Harriet Rouse – for getting her face in and great progress.

Max Smith – for overcoming all of his swimming fears and completing his Stanley 3.

Harper Doolan – for coming into class much happier and more confidently.

Harry Read – for his improvement in confidence and attempting to swim without his armbands

Splashabout baby and toddler swimwear

Email

sophie@kingfishersswimschool.co.uk

FAQS

My child is in Lane 2. When they move up will they be in Lane 3?

Lanes and levels are different. Your child may be in Level 2 in Lane 3 and Level 3 in Lane 1. We like our 1As to be in the deeper lanes so they are not tempted to put their feet down when learning, but for some groups we may decide this is better. Every class is different and we place them accordingly.

My child has just achieved a badge, does this mean they will move up a class?

Maybe, but not necessarily. There are badges we complete in certain levels but children will move levels when they are ready, regardless of what badge they have completed.

My child is working on Stanley 5, does this mean they are Level 5?

No. Levels and Stanley badges are different. If your child is working on Stanley 5, they are likely to be in a 1B or level 2 class for example.

My child has been moved up, but why hasn't their time changed?

Classes are fluid at Kingfishers. We provide the classes we need for our current learners and their needs. We try our very best to keep siblings together or close in time so the levels we offer at different times are constantly changing. One term there may be a level 2 class at 4pm but not the following term where it isn't needed.

How long will it take for my child to learn to swim?

Children will learn at different rates. You should see a noticeable difference by the end of their first term. For some children this will be quicker, for others it will take longer, depending on personality and age. If your child has come through the adult and child lessons, they will usually learn to swim quicker than a child that has had no experience early on. If your child is putting their face in the water happily, they will also learn more quickly.

My child's teacher is asking them to put their face in and blow bubbles. Shouldn't they learn to hold their breath?

No! Learning to blow is the most important thing your child's teacher will teach them. When we swim we learn to breathe normally. We breathe in and then we breathe out into the water. This is also why we don't teach breath holding in the baby and toddler classes.

I want to take underwater photos of my baby. Can we submerge them?

Kingfishers are a proud no dunk swim school. Please see the submersion policy on the website for more details.

My child is being taught to roll all the way over to breathe in front crawl. Why?!

Firstly, for safety so your child can get their breath if they fall into water. Secondly, to teach breathing to the side on front crawl. Weaker swimmers cannot breathe to the side successfully without a 'rest'. When they are stronger they will only roll half way. When teaching using the old fashioned breathe to the side, children will often raise their head too high in the water. This way, they never have to relearn and will swim correctly from the beginning.

Why is there a fun swim at the end of term?

Learning to swim is more than just lessons. The fun swim at the end of term serves an important purpose and that is to allow the children to use what they have learned during the term. They will be falling off rafts and learning to get themselves back to safety, jumping in with friends and gaining confidence and learning to move around a bigger space. Those that haven't had a chance to go up to the deep end will be able to explore what it is like to have lots of water beneath them, and those that have been working on that crucial handstand for their badge will be able to perfect it for their assessment. Plus, it is a lot of fun for the children! Usually we allow parents and sometimes siblings to join their children in the water but we cannot do this during the current situation. We hope to be able to offer this again in the future.