

Swim Lesson and Pool Programmes Newsletter

Winter 2011/Spring 2012 • Issue 2



Welcome

Welcome to the latest edition of our Swim newsletter. Our Winter Swim Lesson programmes are currently underway and this newsletter is a vital vehicle of communication for those seeking information on our Swim Programmes. In this edition we have important dates relating to Christmas break, Santies visit to the Mardyke Arena and also information relating to professional development courses.



Santa's Visit to the Mardyke Arena

The management and staff of the Mardyke Arena would like to thank all the Children in our Swim Lesson programme for being so well behaved throughout the year. Santa would like to reward the children for their efforts and will visit the Arena on the dates specified below.

Every child who visits Santa will receive a special gift and will have an opportunity to post their letters in the Santa Letter box. Santa will collect the letters from the children and take them back with him to the North Pole.

Parents please note there is **no charge** to visit Santa.

	Mon	Tues	Wed	Thurs	Fri	Sat
Date:	19 Dec	13 Dec	14 Dec	15 Dec	16 Dec	17 Dec
Time:	2.30-6pm	2.30-6pm	2.30-6pm	2.30-6pm	2.30-6pm	9am-3pm

Children's Lessons

Our Children's programme will continue until Monday 19th December. We will break for the festive period and resume as normal from 9th January.



Online Booking for Children's Lessons

The simple, easy and fast method to manage your Child's Swim lessons! Parents may change classes online, update contact details, view assessment results, view available classes and book online. Simply complete the online contact form available from reception to avail of the online functions. Following completion of the form, you will receive an email from the swim office confirming your contact details and they will issue you with an online password.

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Put a Date in your Diary

Children in the current course of Lessons

Christmas Break - From 20th December – 7th January Inclusive. Enrolment Dates:

Classes	Mon	Tues	Wed	Thurs	Fri	Sat
Assessment Week	6 Feb	14 Feb	15 Feb	16 Feb	17 Feb	18 Feb
Enrolment Opens	13 Feb	21 Feb	22 Feb	23 Feb	24 Feb	25 Feb
Enrolment Deadline	27 Feb	6 Mar	7 Mar	8 Mar	9 Mar	10 Mar
New Course Commence	5 Mar	13 Mar	14 Mar	15 Mar	16 Mar	24 Mar

Please note children who are assessed to stay in a level will have their places reserved for them until the deadline dates. If they fail to re-enrol on or before the deadline date then their places will be offered to children commencing the course or children awaiting places.

Children who are assessed to 'GO' to the next level are advised to enrol as soon as the enrolment opens. Places are offered on a 'FIRST COME, FIRST SERVE BASIS' and places may be limited. If your child was assessed to 'GO' but there is no place available at your preferred day and time then the following options apply;

- Check availability for other days and times and book an available place in one of these classes.
- Wait until the Re-enrolment deadline date passes (see table above) and re-check availability.

We appreciate parents may have more than one child to re-enrol into lessons and it is convenient to book the children in at the same time. We will endeavour to facilitate such requests when availability exists in the levels.

Children who completed an assessment and wish to commence the Next Course

Preferred Day	Mon	Tues	Wed	Thurs	Fri	Sat
Level 1 Enrolment Opens	21 Feb from 3.30pm	29 Feb from 3.30pm	1 Mar from 3.30pm	2 Mar from 3.30pm	3 Mar from 3.30pm	4 Mar from 9.30pm
Level 2-5 Enrolment Opens	28 Feb from 7.00am	7 Mar from 7.00am	8 Mar from 7.00am	9 Mar from 7.00am	10 Mar from 7.00am	11 Mar from 7.00am
Enrolment Window remains open until	26 Mar 3.30pm	27 Mar 3.30pm	28 Mar 3.30pm	29 Mar 3.30pm	30 Mar 3.30pm	14 Apr 3.30pm
New Course Commence	5 Mar	13 Mar	14 Mar	15 Mar	16 Mar	24 Mar

Children not in the current course but wish to commence March course

Pre - assessments will take place every Sat & Sun from 3 – 4pm commencing 14th January. Pre - assessments are free of charge and are open to children aged 4 – 12 years old.

Please note we may add extra assessment times during February Mid Term.

Children Lane Swim and Lifesaving Classes

Our lane swim classes run in conjunction with our 12 week programme. Once children complete Level 5 they have successfully completed the Mardyke Swim Course. Lane swim is an optional class for children who wish to continue their swim development in the Mardyke Arena. Places on our lane swim are LIMITED and offered on a first come first serve basis. Classes take place at 5.30 on Fridays and 1.40pm on Saturdays. With regards to enrolment preference is always given to children in the current lane swim classes. The following enrolment dates apply for the March course of Lane Swim.

	Fri 5.30 class	Sat 1.40 class
Enrolment Opens for Children currently in Lane Swim	10 Feb	11 Feb
Enrolment Opens for Children who wish to commence Lane Swim	24 Feb	25 Feb
New Course Commences	16 Mar	24 Mar

Children who currently attend our Saturday Life Saving classes will finish lessons on 10th March. We would like to congratulate these Swimmers on their tremendous progress over the years and their commitment to the programme.



Adult Lessons

Swimming is a sport people can start at any age, and can do for life. No matter what your age, weight and physical ability swimming can provide you with numerous benefits. Swimming is a great low impact cardiovascular exercise. Even a gentle swim can burn over 200 Kcal in half an hour and a fast front crawl can burn as many calories as an 8mph run. Swimming is the only sport which can save a life. On average 150 people drown in Ireland each year and most of these fatalities were preventable. How? By learning how to swim!! We offer morning and evening Adult classes on Tuesday, Wednesday and Thursday. All abilities are catered for from the absolute beginner to the eager lane swimmer.

Put a Date in your Diary

- Term 2 November Course finishes 10th, 11th, 12th January 2012
- Enrolment opens for Term 3 January Course of Lessons – 6th December
- Term 3 January Course Commences Tuesday 17th January 2012
- Enrolment opens for Term 4 March Course of Lessons – 14th February
- Term 3 January Course finishes 6th, 7th, 8th March
- Term 4 March course Commences Tuesday 13th March



Parent and Toddler Class

Parent and Toddler class run every Tuesday and Thursday morning from 10am – 10.30am. Classes are free for members and €8 for Non Members. Parents must book in advance through reception. The classes are on break now until after Christmas. Please check our website and pool notice board for details when the classes will resume.

Mardyke Arena Phase 3 Development

Once again thank you for your patience and understanding over the last 9 months. We are now entering the final few weeks of development and plan to unveil the remaining facilities in January 2012. We apologise for any inconvenience caused during the development but our goal is to provide our valued customers with the state of the art, contemporary facilities.

Parking

Please note limited parking exists within the Arena Grounds. Parking is available in the main car park and also in the car park at the front and side of the Rugby pavilion. Parking discs are available to buy at reception and patrons can disc park along Mardyke Walk. We request parents take the first available parking spot. We ask patrons not to park in disabled parking zones without an approved sticker. All illegally parked cars will be asked to move. Patrons are asked not to park on double yellow lines, kerbs, or block fire exits. Continuous disregard for parking policies may result in the withdrawal of parking privileges for Swim lesson users.

Policies and Procedures

We ask all Swim Patrons to familiarise themselves with our Swim Lesson policies and procedures. A copy of our Swim Lesson policies and procedures are on view on the notice board in the pool lobby area. Patrons are asked to adhere to these policies at all times. We advise patrons not to leave personal belongings unattended in lockers or Cubicles. Lockers are provided for patrons use. The Mardyke Arena accepts no responsibility for lost or stolen belongings.

Professional Development

Lifeguard Courses

The Mardyke Arena is an accredited RLSS training centre. Staff Members, Niamh Patterson, Barry Dunne and Laura Bowles run ongoing RLSS training courses in the Arena.

Summer Intensive Course

Our popular Summer Intensive programmes will return again in 2012. We will host 4 week long intensive courses throughout the Summer. Intensive courses are open to children in our Swim Course and also open to newcomers once they complete an assessment. All levels from beginners to Lane Swim will be catered for. Enrolment for the Summer Intensive course will open in March. Further information will be available in February.

Swim Teacher Courses

Swim Ireland accredited Level 1 and Level 2 Teachers Courses are available at the Mardyke Arena UCC. We will run a Level 2 course in March 2012 and a Level 1 course in November 2012. Please note limited places available.

Kiddies Corner

solve the puzzle!

- One ___ is to the other side of the pool and back
- A floating marker
- A dry, flat area near the pool, or the floor of a ship
- While swimming laps, stay in your ___
- A manmade indoor or outdoor swimming area
- One thing the beach has that a pool doesn't
- You can retrieve batons or ___ from the bottom of the pool
- The ___ lead into the pool if you don't want to jump in
- Swimming would be impossible without ___
- Helps you out of the deep end of the pool
- You're supposed to ___ before entering the pool
- Back, breast, or crawl ___
- These help you see underwater
- Swimming has been an ___ event since 1896
- No ___ around the pool; you don't want to slip and fall
- The result of insufficient sunscreen
- Keeps your hair dry while swimming
- When the ___ sounds, stop what you're doing and listen
- Chemical that keeps the water clean
- Little kids use these to help stay afloat
- You can throw this to rescue someone who can't swim well
- One piece, two piece, or trunks, but don't forget it
- Blocks the sun while you're resting near the pool or beach
- Gives your arms something to hold while learning to kick
- The person who enforces the pool rules and watches swimmers
- Many swim toys and flotation devices are ___
- A water safety ___ teaches swimming lessons
- Platform from which you can jump into the water

