

Glenalbyn Swimming Club Saturday Teaching Classes Newsletter

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A word from the President of the Club

Dear Parents and Friends,

Many of your children have been attending the teaching classes on a Saturday morning for some time now. However, you may not be aware that the classes are run by the **Swimming Club** in Glenalbyn. Perhaps, you may be interested in details of the Club, our activities and our coaching.

The Club is run by a voluntary Committee of nine parents with various duties and responsibilities. As recommended we also have a Child Liaison Officer. We are fortunate to have a dedicated group of coaches led by **Chief Coach Bart Nolan**. Currently we have 100 swimming members ranging in age from 7 years to 22 years. The swimmers are grouped into 5 different squads according to age and ability and swim at various times throughout the week.

The aim of the Club is to promote the love of swimming within a happy and healthy environment. When children enter the Club they will be taught skills for life. A higher proficiency in stroke style is taught, together with the ability to combine strength and endurance and improve technique. This makes for a better and faster swimmer. Also included in the training are competitive dives and tumble turns. Over the years we have found that swimming has helped our children to develop independence and individual strength of character. The children enter swimming

galas suitable to their age and ability throughout the year many of which are in Dublin but we also visit Cork, Belfast, Wexford, Galway and Tralee as well as competing at some Galas in England.

Alongside our coaches, all of whom are highly qualified, we have at our disposal the expertise of a nutritionist and a physiotherapist. We also have some sophisticated equipment such as a heart rate monitor and under water video camera.

All training sessions are supervised and you can be assured that your children would be safe and well cared for at Glenalbyn Swimming Club.

If you think your child might be interested in the Club please talk to us. A trial period of 3 sessions is given to allow the child to adapt and make up his/her mind regarding joining the Club. If you have any queries you may telephone me at 2886618.

Best Wishes,

Mary Burnell

Mary Burnell,
President Glenalbyn Swimming Club.

The Teaching Team

In case your children don't tell you anything, here's a list of the men and women that teach on a Saturday morning:

Lengths Class 9.45a.m.

Helen, John, Ross, Jenny, Carmel

Widths Classes 10.40a.m. and 11.20.

Margaret, Suzanne, Catherine, Jenny, Carmel, Helen, Susan, Karina, Ross, Deirdre, Lynn & Mairead

New Terms

The new term starts on **Saturday 13th February**. We will be taking registration and payment for this term on **Saturday 30th January**. As we have new applicants we regret that places can not be guaranteed if you do not register on the 30th January.

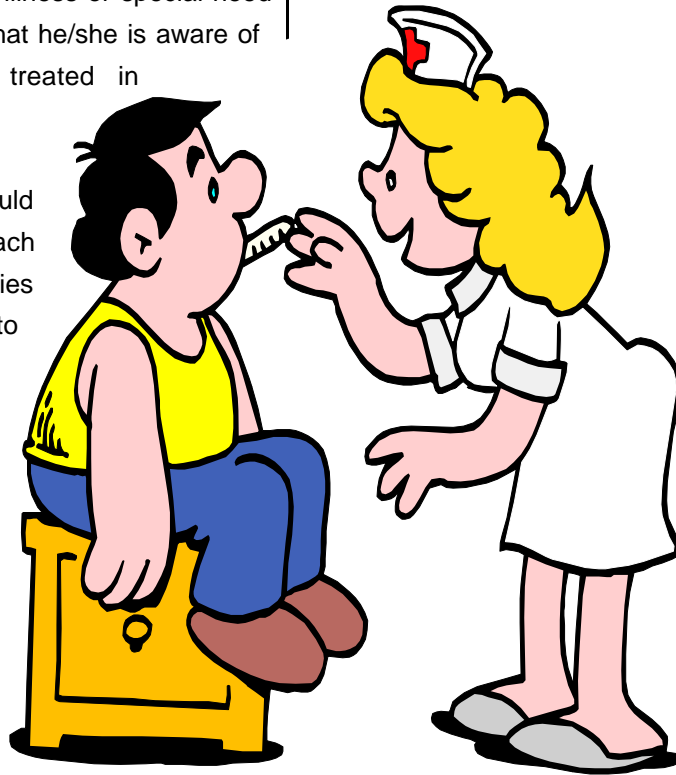
We have incorporated the ASA Kelloggs awards into the teaching programme in the past. In conjunction with our coaches and outside expertise Glenalbyn Swimming Club has produced it's own unique badges and certificates. We believe they will be more effective and flexible than the Kelloggs awards although some of the skills and tests will be similar.

IMPORTANT - Medical Concerns

If your child has any particular illness or special need please inform the teacher so that he/she is aware of it. All such matters are treated in confidence.

Most of you know that you should check in at the desk each Saturday. If you have any queries Betty or Clare will be happy to help.

We now have a new dressing area properly fitted out. This is to be used for parents to dress young children (Dad with a daughter, Mum with a son) who can not go into the single sex dressing rooms.



Omagh Bomb Disaster Fund

The Glenalbyn Community Club is having a Bring and Buy Cake Sale on Saturday January 30th in the Function Room, Glenalbyn House from 10.00a.m. onwards. Coffee will also be provided. We are asking all of you to help in any way you can. If you can bake a cake or buy one that would be great. Perhaps you would like to have a cup of coffee while waiting for the children. We also have several books of tickets - £1 each or 6 for £5. First prize is a weekend break for two in a top class hotel. It's for a very good cause and your support would be appreciated.

Many thanks for all the support in the past months with the Club's fundraising activities.

