



Dear Parents

Please do not reply to this email. For any enquiry please send us an email with a new subject heading, we are unable to process emails sent as part of this thread.

As we approach half term we would like to update everyone on what has happened over the past half term, attach the term dates and inform parents of a change to teaching personnel from after half term.

At the Easter holidays we said a sad farewell to Chris (Wednesday and Friday) as he goes to pursue a full time role gardening and landscaping in London - Chris has been with us since the age of 16 and we bid him a very sad farewell and we wish him all the best on his ventures.

This week will be Charlie's last week teaching with us, Charlie Will be joining London Ambulance Service following half term and will remain with us in assisting with the running of the swim school, and lifeguarding, but will no longer be teaching classes from Monday to Friday, but will remain teaching on Saturdays.

All children this half term have worked on a rotational pattern of 2 weeks front crawl, 2 weeks backstroke, 2 weeks of breaststroke (For Monday afternoon classes this was only front crawl and backstroke due to the bank holidays).

For front crawl and backstroke we are looking for children to be working on maintaining their body positions flat on the surface of the water, kicking with long legs and floppy feet. We have been putting more emphasis on side breathing techniques as well as breathing patterns. We are encouraging all children to learn breathing control from the beginners to the more advanced swimmers, blowing out whilst swimming is important to be able to obtain longer distances.

On breaststroke the emphasis is on correcting leg kick patterns as well as building a core foundation of timing and breathing patterns highlighting the importance of correct body positioning in the water.

Children in the pre-school and early stage school lessons will have rotated between front and back and core water skills such as bubble blowing, confidence going under water, submerging their faces and independent swimming. For these children it is very important that we encourage them to enjoy the water as much as possible so practicing these skills (blowing bubbles, submerging their faces etc) at home such as in the bath is very helpful during lessons.

All children are continuing to work towards their next stage outcome. You all received their latest stage awards at the Easter break. If you joined us in April this continues from the

stage your child was in elsewhere or, if new, stage 1. The Swim England stages we work towards can be found here <https://www.swimming.org/learntoswim/swim-england-learn-to-swim-awards-1-7/>

The general feedback from all teachers has been positive the first half of this term. Teachers are happy with the way that children have settled and been engaging in classes. **Any children who require specific feedback will have this sent individually – you do not need to contact us.** The teachers have highlighted once again the importance of **advising all parents to continue to prioritise swimming outside of lessons.** Swimming for fun with family members can significantly reduce the anxieties and nerves around more advanced skills and give children more opportunity to practice and refine their skills.

After half term We will be also taking part in drowning prevention week on the 18th June and Encourage all swimmers to get involved and make the most of these important sessions prior to the summer holidays.

We will not be running Crash Courses over the half term due to the jubilee celebrations but **we are now advertising and taking bookings for the summer Crash Courses.** Please Find attached poster.

Imber Court will be running a garden party open to all on the 5th June to celebrate the Jubilee weekend and hope to see as many of you there as possible!

For those wishing to use the pool on a social basis or enjoy use of the family swims outside of lessons should consider obtaining a memberships which can be done by contacting the memberships team at memberships@imbercourt.com

Well Done to all children on their hard work this term!

Kind Regards

Phill & The Pool Team

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Phil Agourakis
Pool Manager

Charlie Hope
Pool management Team

Sarah Cox
Pool Management Team