

IMPORTANT

Re-enrolments will be coming out w/c 4/3/13

Don't forget to re-enrol or you will lose your place

Re-enrolment deadline Sat 23rd March 2013

Tues, Weds, Thurs, Fri & Sat swimmers

13 week term

£91

Mon swimmers

12 week term

£84

Development Squad

Mon £97.20 Tues-Sat £105.30

Aquarobics/Aquapilates

1st half term £47.40

2nd half term £55.30

Reminders for you.....

DO NOT park on the grass at **Oaklands Leisure Pool** AND no parents/carers on poolside!

Please DO NOT eat inside any of the pool buildings. Thank you!

Would like to advertise your business on our newsletters?

Please call the office for prices:

A little background info on Water Lilies

Water Lilies Swimming School was launched in 2008 with Treacle (Teresa) offering lessons for friends' children in their own pools. Quickly through word of mouth requests for lessons started coming from people who didn't have their own pools but liked the more personal approach that Water Lilies could offer. Treacle started to hire private pools and offer more classes. By 2010 she was joined by 4 more instructors to cope with the demand of more pupils needing swimming lessons. By 2012 Water Lilies were holding lessons in 6 pools and offering classes 6 days a week with 15 instructors. It has continued to grow from strength to strength and currently teaches over 800 adults/babies/children a week just proving the personal approach, combined with passionate swim instructors, and small classes really works!



Positive Feedback

It's always lovely to receive feedback from our swimmers!

Water Lilies Swim School has given my daughter an excellent foundation in Swimming. My daughter Ayesha started with them at the Flixton pool in 2011 when she was 5 and a half years old unable to swim other than a basic doggy paddle! Since then she has been taught all the strokes and loved her lessons as the classes are small and bespoke to her needs. She systematically ran through her badges

and in addition had a few one to one sessions during the holidays to improve her style. It was suggested Ayesha had progressed so well we should consider a swim squad and so we took her to the City of Norwich swim club, they assessed her and took her into the 'academy' last September 2012. Very quickly she has been moved into the development squad which means she swims 2-3 times a week in the evenings. All

this training has paid off and at the last mini meet gala at UEA in January Ayesha won the gold medal for her age group (age 7) and in fact her time for front crawl was the 6th fastest over the distance for all who entered between ages 6-13 yrs old! A wonderful achievement and testament to the techniques she learnt at Water Lilies! Thank you to Treacle and all her dedicated teachers there!
Elaine Kamara

COMIC RELIEF

Red Nose Day

Sat 9th March—Friday 15th March
Wear your red nose or something red to your lesson!!!
Buckets will be at each pool for donations.



Opening Summer Term 2013

Pools in Harleston Weds pm/Saturdays am and Walpole Mon/Weds
if you wish to transfer to these pools please indicate this on your re-enrolment form.



Like us on Facebook and get all the latest news and updates from Water Lilies Swimming School!

Treacle can now be contacted by Skype under treacle.griffin1



Last swimming day of this term—Thursday 28th March 2013

First swimming day of next term—Monday 15th April 2013

Meet our Instructors

Lucie Morran



I am 44, married with two children, both water lilies students (of course!) and have worked for Water Lilies for 2 and a half years. I swam for a club when I was young and have loved swimming ever since - in the summer I spend any spare moment I can swimming at either the Beccles outdoor pool, in the sea or Fritton lake. I became a swimming instructor after I had my children - it was something I had always wanted to do but never really had the time. The Oaklands pool was being built just as I was taking my teaching courses and Treacle kindly let me gain the required hours of teaching with Water Lilies for my exams. As a school I think Water Lilies teaches swimming exactly as I think it should be done - in small groups, with instructors in the water, in a safe but most importantly fun environment. I love teaching - I would (almost) do it for free - the pleasure you get from watching people achieve milestones for the first time - their first 'independent' swim, the first time they jump in on their own or even put the head under the water is amazing!

Amanda Barrett



Looking at some of the ages I am teaching at the moment has made me reflect on when I first started to swim. It all started at the age of 7 whilst school swimming in an outdoor pool, BRRR! This was when my teacher said I should look at joining a swimming club and the rest is history. Progressing from club swimming for the City of Peterborough swimming club. I competed at Regional and National level in all four strokes, my favourite being breaststroke and butterfly. My coach and personal friend was Olympic medalist, Brian Brinkley and when seeing his passion for teaching encouraged me to follow in his foot steps and have never looked back since. For over 25 years I have now been teaching everybody from babies to adults with the same passion as when I first started working with Brian Brinkley. I have known and worked with Treacle for over 15 years and joined Water Lilies 3 years ago and still love seeing the children/adults faces when they first start to swim on their own.

fun times
Bringing fun to the pool
ZOGGS
Product featured: Zoggs One Stroke
Always use goggles for swimming!

In need of a new pair of goggles or want some water confidence toys? Then take a look on our on-line Shop!!

www.waterliliesswim.co.uk

**Wash Farm Barn,
Redlingfield**

Is available for hire during the Easter holidays
Tues to Fri inc Good Friday!
Must be booked through the Water Lilies office.
Call 01728 628731 for availability.



Mia Dunce Wins the Woolnough Trophy

Each term Water Lilies awards the Woolnough Trophy to the child who has shown the most enthusiasm and achievement. Congratulations to Mia Dunce who won the cup for the Sept-Dec 2012 term. Mia joined Water Lilies at 3 years old and has progressed so much she is swimming with the squad at St Felix. Well done to those who came runners up: Sebastian Page, Jack Footer, Dalcie Sepplings, Freddie York, Max Bernstein, Theo Nye, Grace Baker, Nicholas Saunders, Freya Brown, Emma Smith, Milly Owen, Aaron Ashford, Joshua Cooper, William Kemp, Samuel Kirkham, Lily Hunter, Colby Aldridge, Amelia Reynolds, William Lumb, Aiden Smith, Reubens Lindley, Jacob Ash, Nico Valentine, Simon Flintoff.

Swim Squads

Congratulations to some of our older swimmers who have been accepted into Swim Clubs to pursue competitive swimming: Ayesha Kamara, Katie McKenzie, Maddie Wood, Jessica Nesling, Freya Holder and Mia Dunce.

Instructor changes (Summer Term)

Shirley Baddley will be retiring from teaching swimming this term, we wish her all the best and thank her for all her hard work with Water Lilies! Rosemary will be taking over her lessons on a Saturday at Burgh St Peter.



Water Lilies Swimming School is now working in conjunction with The Children's University. The University's aim is to encourage children between 5-14 to participate in activities outside normal school hours, such as lunchtime and after school clubs, sports, music, guiding clubs/lessons, or visiting tourist

attractions like museums. They have become a CU Learning Destination and as such can help children obtain National Children's University certificates by attending lessons. The hours spent at lessons can be added to their 'passport' along with any other activities they do and earns them their certificates. This is a fun way to encourage children to take part in a number of activities and can also be used later when they

apply for University, in their personal statement which lays out what sort of activities they have been involved in. You can find out more information, check if your child's school is involved in any other clubs that are destinations by looking on www.suffolk.gov.uk/scu

Passports cost £2 and are available to buy from the office.

Policy Corner

A reminder about our photograph and babies/toddlers swim nappy policy:

Photography:

Please note that due to child protection regulations photography (including camera phones) and video filming are not permitted during Water Lilies Swimming School lessons or photo sessions arranged by Water Lilies Swimming School.

Swim Nappies:

All babies, until they are potty trained, must wear double protection nappies in the pool consisting of a disposable nappy underneath a re-usable nappy or baby wrap, both available to purchase poolside or on-line at www.waterliliesswim.co.uk. Water Lilies Swimming School reserves the right to refuse admission to the swimming pool without the appropriate swimwear.