



Turtles Swimming Club Newsletter

December 2017
Issue 97



ESTABLISHED 1964



**HAPPY
HOLIDAYS
TO ALL THE
TURTLES**

The Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty.

Based at Highgrove Pool in Ruislip, the club meets every Saturday between 5pm and 6pm

Chair:

Alison Grey

Chief Instructor:

Linda Clarke

Secretary:

Andy Wallis

Turtles email:

**turtlesswimming@
yahoo.co.uk**

Turtles Website:

**[http://www.
ruislipturtles.org.uk](http://www.ruislipturtles.org.uk)**

*THE
COMMITTEE
WISH YOU ALL A
VERY HAPPY
CHRISTMAS
AND A
PROSPEROUS
NEW YEAR*

**PLEASE NOTE
THAT DUE TO
THE FESTIVE
HOLIDAYS THERE
WILL BE NO POOL
SESSION ON
SATURDAY 23rd
DECEMBER**



Turtles Swimming Club is a registered Charity Number 1055545

British Long Distance Swimming Association



We will be organising our 2018 event for the evening of Saturday 27th January at Highgrove Pool between 6pm and 7pm. So if you would like to take part, please register with Alison. All members may participate (even family members who do not have a disability). It is fun to see just how far you can swim in one hour (or less than an hour should you wish).

We will also need volunteers to help with the counting and recording, so again, please let Alison know if you can help.

BLDSA time again. How far can you swim in an hour?

Waitrose

South
Harrow
Store

Community
Matters
Scheme

MORE GOOD NEWS FROM WAITROSE!

We are very grateful to Waitrose South Harrow for choosing Turtles Swimming Club as one of their supported charities for the December 2018 Community Matters Scheme. Please pop along and support the Turtles by placing a green counter in our designated box to boost our share of the £1k award. Earlier this year we received £238 from the Waitrose Ruislip Store thanks to your support.

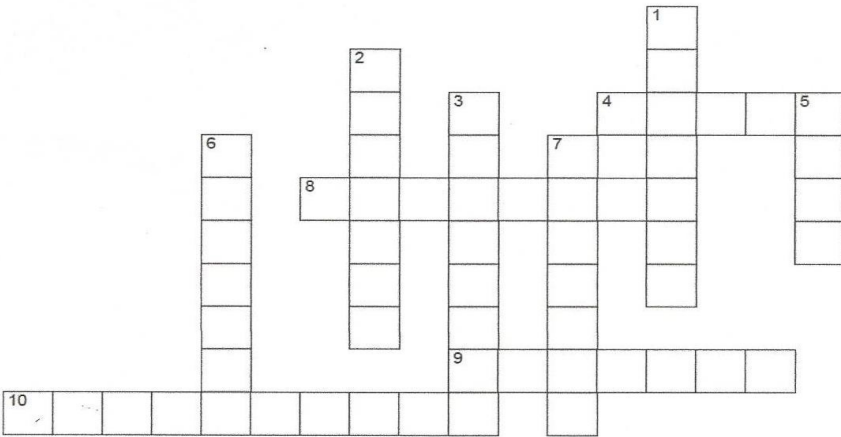
THE POOL HOIST IS FIXED

At last! We are pleased to confirm that the pool hoist has now been fixed and will be available again from Saturday 25th November. Sorry for the inconvenience!



FESTIVE PUZZLE

WATER SAFETY AT THE SWIMMING POOL



Water Safety at the SWIMMING POOL Puzzle Clues

Down

1. Pay attention if the lifeguard blows a _____ (7)
2. Don't jump into this depth of water (7)
3. Put these on your arms to help you to float (3,5)
5. You shouldn't do this under diving boards (4)
6. So you don't slip the sign says 'No _____ (7)
7. These help you to see under water (7)

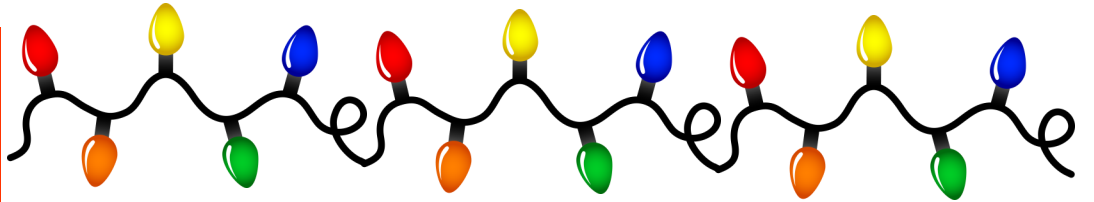
Across

4. You should always read and follow the information on these (5)
8. Practice doing this without using the pool steps so you are strong enough to do it in an emergency (5,3)
9. You shouldn't go to this end unless you can swim (4,3)
10. They supervise you at the pool and keep you safe at Highgrove and wear Blue Shirts (8)

Answers on Page 4



**HAPPY
NEW YEAR**



FESTIVE WORD SEARCH

Water Safety Awareness At Pool Word Search



Z	U	V	H	R	W	J	R	E	X	Q	T	N	D	E	E	P	N	P	Q
A	I	F	T	V	O	H	C	V	H	W	E	Z	I	D	I	M	R	R	W
W	G	L	U	I	L	J	Y	T	C	H	B	Y	V	E	W	W	W	Y	W
A	U	J	U	F	L	A	E	M	K	Z	I	V	I	P	V	H	G	V	K
B	C	R	V	R	A	B	Z	J	I	P	M	I	N	E	N	I	P	N	R
Y	G	O	Q	F	H	U	W	Y	Q	Q	B	Y	G	P	E	S	E	N	Q
L	F	A	S	J	S	E	L	U	R	L	O	O	P	K	Q	T	Y	L	U
G	X	P	Z	T	M	U	E	U	I	X	G	D	O	W	S	L	K	J	E
O	H	A	L	V	U	T	B	F	L	G	J	R	O	I	A	E	W	A	O
W	V	R	Q	Q	F	M	E	J	L	J	T	O	L	E	S	S	O	N	S
K	L	D	W	R	A	G	E	E	Z	S	W	I	M	H	A	T	S	I	R
R	N	T	N	T	U	E	S	N	T	R	U	N	K	S	I	G	S	I	F
W	X	B	O	A	M	I	W	S	L	I	P	P	E	R	Y	E	Q	C	F
C	F	X	R	O	N	Q	A	R	M	B	A	N	D	S	N	M	G	O	R
E	A	D	U	L	P	E	K	D	A	I	V	G	O	A	F	F	J	P	N
M	E	J	C	F	R	O	N	T	C	R	A	W	L	P	Y	Z	K	C	J
I	M	G	C	B	U	U	L	X	J	Y	K	B	X	M	L	W	L	Y	P
N	G	M	M	N	N	G	V	X	H	Y	A	H	B	X	E	F	E	N	M
K	M	E	O	Q	Y	H	T	M	B	H	V	R	U	Z	X	P	D	W	W
Q	D	V	P	A	U	S	L	Y	F	A	H	W	S	R	I	R	T	V	A

Listen

Float

Swim

Pool rules

Lanes

Lessons

Costume

Slippery

Goggles

Whistle

Armbands

Run

Deep

Frontcrawl

Shallow

Diving pool

Trunks

Lifeguard

Swim hat

Breaststroke



Turtles



Gala Team

A NEW GALA VENUE!

The Turtles Gala Team has been invited to the inaugural Ealing Swimming Club Gala.

The Gala is scheduled for Saturday 13th January 2018 and will be the first gala in our 2018 season.

The venue for the Ealing Gala is:

Northolt Leisure Centre

Eastcote Lane North

Northolt UB5 4AB

The 2018 dates are starting to come in (see table opposite) although some dates are still subject to final confirmation.

2018 Provisional Gala Dates

Ealing S.C.

Saturday 13th January

BLDSA Long Distance Swim

Saturday 27th January

Lions Hanworth & Feltham

Sunday 18th March

Hatfield Platypus

Saturday 14th April tbc

Lions Hitchin

Saturday 21st April

Ealing Swimming Club to stage their first gala at Northolt Leisure Centre

PLEASE REMEMBER THAT DUE TO THE FESTIVE HOLIDAYS THERE WILL BE NO POOL SESSION ON SATURDAY 23rd DECEMBER.



HOWEVER, THE SWIM SESSION ON THE 30th DECEMBER WILL GO AHEAD AS USUAL

PUZZLE ANSWERS



THANK YOU TO THE ORGANISATIONS AND INDIVIDUALS WHO SUPPORT THE TURTLES



Friends of Ken

Waitrose

names.co.uk
A DADA BRAND

