



RUISLIP TURTLES IS A HILLINGDON GOLD STANDARD CLUB AND IS A REGISTERED CHARITY NUMBER 1055585



ESTABLISHED 1964

NEWSLETTER ISSUE 194 JANUARY 2026

The Committee Wish You All A Very Happy New Year



Established in 1964, the Ruislip Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty. Based at Highgrove Pool in Ruislip, the club is run by a group of dedicated volunteers and meets every Saturday between 5pm and 6pm.

Christmas Pool Fun Session Photos



Christmas Pool Fun Session Photos





ASDA Carol Singing Fund Raising



South
Ruislip
ASDA



We raised over £400 in just two hours of singing. Thank you to all the singers, musicians and to ASDA for allowing us to fundraise.



Marlon Apolly RIP



We were all so very sorry to learn that club member Marlon Apolly passed away suddenly on 31st October.

Marlon was a regular attendee with his daughter Anna who progressed from the small pool to the development area.

The family would like to remind everyone about the importance of organ donation. With Marlon's passing, he was able to save (so far) 3 people through organ donation.

Of course, our deepest sympathy goes to Marlon's wife Nelita (Nelly) Alleyne and of course Anna.



Health and Safety

Members are reminded that they should not eat in the hour before a pool session and that they should not enter the water if feeling unwell.

Members displaying flu symptoms should not attend swim sessions.



Back to Swimming!

Our pool sessions resume on Saturday 3rd January 2026.

Please remember to book on a Wednesday for the sessions following the email prompt. We cannot allow entry if you have not booked.

Bookings close at 6pm on Friday.

If you need to cancel, please give us the maximum notice so that we can invite those on the waiting list.

Photo Gallery



**WELL DONE TO THE
25 SWIMMERS WHO
TOOK PART IN THE
CENTRAL LINE
CHALLENGE**



Your Committee

HEATHER JOHNSTON
CHAIR

FIONA MACINTYRE
VICE CHAIR, SECRETARY
& WELFARE OFFICER

BIJAN GHORBANIAN
ASSISTANT
SECRETARY

CHERYL LEE
CHIEF INSTRUCTOR

AJAY JOGINIPALLY
TREASURER

TERRY CHESHIRE, JANET EVANS.
& **ANDY WALLIS**
COMMITTEE MEMBERS

DAVE LEE
COMPETITION
SECRETARY & CLUB
PRESIDENT

PETER HORNE
HEALTH & SAFETY
OFFICER

Your Pool Help

CHIEF INSTRUCTOR:
CHERYL

SENIOR SWIM TEACHERS:
**RACHEL, KRISHA, ESHA &
ANOUSHKA**

SWIM TEACHERS:
CHHAVI & JORDAN

POOL INSTRUCTORS:
PETER
DAVE
JANET

POOL HELPERS:
KATIE, SIENNA, ADIB, MAHI,
JULIE & HARRY

Thank you to the organizations below for their support of our club



Ruislip Turtles Facebook Page:

<https://www.facebook.groups/239441714565996>

Ruislip Turtles email: turtlesswimming@yahoo.co.uk

Ruislip Turtles Website: <http://www.ruislipturtles.org.uk>

Ruislip Turtles Instagram page:

<https://www.instagram.com/ruislipturtlesswimming/>