



TURTLES
SWIMMING CLUB

NOVEMBER 2019 NEWSLETTER
ISSUE 122

122 Issues Since 2009

Newsletter 10 Year Anniversary

**Every newsletter available
on our new website**

**TURTLES SWIMMING CLUB IS A REGISTERED CHARITY NUMBER
1055585**

NEWSLETTER TEN YEAR ANNIVERSARY

Back in November 2009, we launched our first Turtles Newsletter. The launch coincided with the news that our then President, Sylvia Smith, was to receive an OBE for her services to swimming for the disabled.

Our then club secretary was very sceptical about the launch, saying that a Newsletter was not sustainable and that no-one would read it. Ten years on and the Newsletter is still going strong with this the 122nd issue!

We hope that you find the Newsletter informative and useful and as ever, we welcome your feedback.

All 122 Newsletters can be found on our new website. We hope you have had the opportunity to visit the new site and again we welcome any feedback about the new site and if you would like to write a Turtles testimonial for the website, we would be very grateful.

Diary Dates

Committee Meeting

Wednesday 6th November

Committee Meeting

Tuesday 10th December

ASDA Carol Singing

Saturday 14th December

Christmas Pool Fun Session

Saturday 21st December

***THANK YOU TO THE ORGANISATIONS AND
INDIVIDUALS WHO SUPPORT THE TURTLES***

IBB Charitable Trust

Ruislip Combined Charity

Eastcote Methodist Church



ASDA

Waitrose

names.co.uk
A DADA BRAND

WE NEED YOUR SUPPORT!

We will be fundraising at ASDA South Ruislip on Saturday 14th December as once again we are going out carol singing with our buckets. Please come along and join in and sing some carols or if you would rather, just hold a Turtles collection bucket!

We will be starting at 11am and singing and collecting for a couple of hours or until our voices give up!

Below are some photos from our carol singing fund raiser a few years ago at another South Ruislip supermarket.

Please come along and support the Turtles—the more the merrier!

ASDA South Ruislip

*SATURDAY 14TH DECEMBER
FROM 11AM*



Special thank you to St. Joseph's Harrow Weald Folk Group who will support us and hopefully keep us in tune!



Aquatic Breathing

Planets, Spaceships, Astronauts & Fireworks themed.....

It is the season for fireworks and you can celebrate in the pool with Turtles by learning the vital skill of Aquatic Breathing with some fun moves and activities. Our Helpers will be on hand if you need assistance.

So what is Aquatic Breathing? It is being comfortable with water in and around the head, face, mouth and nose. It includes blowing out bubbles into the water. It is important that swimmers know how to cope with water around these areas to avoid becoming upset or getting into difficulties whilst swimming. Quite often, people that are new to swimming or have a fear of swimming are worried about being under the water and not being able to breathe properly should they swallow water. It can also be uncomfortable for swimmers, once over initial fears, should they swallow water. Therefore, we would encourage a gradual progression, starting with some easy activities that become more complex when the swimmer is happy to go on to the next stage. Aquatic Breathing can be very tricky for someone new to swimming to master and will take a lot of practice and patience to get right. With younger or nervous swimmers, practising aquatic breathing in an area of the pool where they can stand upright, may help with their initial fears. If you feel that you are taking in too much water rather than breathing out then stop, please ask for help, and maybe try again with the activities next week.

With the more competent swimmer, aquatic breathing can help with your body position in the water. If your head is down and the body is in a straight line in the water, science will tell you that there will be less resistance to you passing through the water. As a result, you will be quicker than if you were to swim with your head out of the water. Furthermore, swimming with your head upright isn't good for you as it can cause neck ache and place more pressure on the lower spine causing you more problems. So, I would always encourage where possible to give aquatic breathing a go.....

Of course, the advice in these articles is only general and if you have been given medical advice by your GP to not submerge your head or place in the water then always follow the advice of your GP..

Simple Step 1: Getting the Swimmer confident with water over their head and face Splashing and blowing bubbles in the bath at home

Younger members:

Ask our helpers for a watering can and pour water over the head and face Perhaps, pretend you are a flower and that you need watering or are in the middle of a meteorite shower in space.

Adult members:

Stand upright in the pool with feet firmly on the pool floor (Your feet shouldn't move throughout the whole exercise), hold the rail and submerge your head, blowing out bubbles for 3 seconds and then rise to the surface slowly. Each time you submerge and become more confident increase the time to a total count of 10 seconds.

Aquatic Breathing

Simple Step 2: Blowing bubbles to create lots of planets

Swimmers should be confident with placing their mouth, nose and eyes in the water first before attempting to blow out into the water to create bubbles.

Ideas for Younger Members

How many bubbles can you make?

Who can blow the loudest bubbles?

Who can shout their name under water?

Pretend it is your birthday and you are blowing the candles out on the cake

Ideas for All

Humming into the water is another trick to get over nerves.

By humming you are breathing down the nose which stops the water going up!

Simple Step 3: Blow the Spaceship over

How many times can you blow the spaceship over so that it changes colour and moves along the pool?

Please ask our helpers for a spaceship or any of the toys from our trolleys.



Step 4: Astronaut Jack in the box

Standing up and holding hands with a friend who can keep going the longest? One goes down under the water, while the other stands up. Remember: to blow out to create bubbles on the way down. Only do this in a water depth you're comfortable with. See below Ian-Andrew and Jamie playing Jack in the box.



Aquatic Breathing

Step 5: Sit on the pool floor and wave at your friend like an astronaut in space

See if you can shout across to your friend from the pool floor. Other games you can play are: Rock, Paper, Scissors with your hands only revealing when you are on the pool floor. Or you can try and guess how many fingers your friend is holding up and then take turns at this game. Only do this in a water depth you're comfortable with. See opposite Ian-Andrew & Jamie waving at each other from the pool floor.



Step 6: Star Fireworks on your front

Can you create a firework star by lying face down and blowing bubbles into the water on your own for the count of 3 seconds? When confident you can create a firework display with a friend? See our attempt opposite:



Step 7: Mushrooms/Tuck Float

Curl up like a ball, with your chin tucked to your chest and your arms clutching your knees. See if you can blow bubbles for the count of 3 seconds and then stand upright again.



Step 8: Rocket Sinkers

Pick up a Rocket sinker from the floor or make firework shapes with our sinkers. See the gala team opposite, diving down to collect them.



Cheryl's Chief Instructor's Tips (Contd.)



Aquatic Breathing

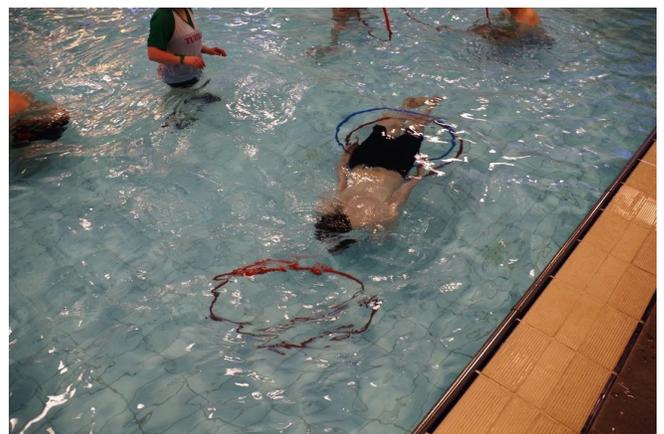
Step 9: Fireworks in Motion

Start with a mushroom/tuck float for 5 seconds, then go bang, into a star float like a firework.



Step 10: Catherine's Wheel of Hoops

Swim through the Catherine Wheels of hoops on the pool floor just like Jamie (see opposite).



TURTLES SWIM TEACHERS



**Chief
Instructor
Cheryl
Lee**



**Swim
Teacher
Linda
Clarke**



**Swim
Teacher
Jessica
Grey**

**Swim
Teacher
Dave
Lee**



**Swim Teacher
Don Lamb**



**Swim
Teacher
Jordan
Mason**



**Swim
Teacher
Peter
Horne**



The 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

**Turtles
Swimming
Club
Established
1964**

Turtles Website:

<http://www.ruislipturtles.org.uk>

Turtles email:

[turtlesswimming@ yahoo.co.uk](mailto:turtlesswimming@yahoo.co.uk)

**Chair:
Alison Grey**

**Secretary:
Andy Wallis**

**Club President:
Dave Lee**

**Gala Team
Manager:
Dave Lee**

**Deputy Secretary
(reception desk):
Bijan Ghorbanian**

**Treasurer:
Rosemary Noyes**