

HAPPY 40TH BIRTHDAY

Shirley Swimming Pool celebrates a significant birthday in 2014, marking 40 years of swimming teaching from its purpose built, dedicated centre in Shirley.

The company that runs Shirley Pool began in 1969 in the garden of the Perry family home in West End. Frank Perry was a primary school maths teacher, a County Level water polo player and part time coach at the Southampton Swimming Club. The City Club at the time was the best in Europe recently amalgamated from two clubs, with coaches Derek Snelling and Dave Haller producing swimmers to represent GB in every Olympics.

Demand for pool space was high but there was only one local pool and Frank recognised the potential for private swimming tuition. The Central Baths, as it was then known, had a two year waiting list for swimming lessons. It was a majestic 1960's pool, with underwater windows in the deep end, a grand gallery on

both sides, a 33 yard pool and a teaching pool. Frank built his small garage pool from a kit with the help of some Trojan Rugby Club friends and advertised the swim school just once. It wasn't easy, the first day it opened the heating failed and the family had to run back and forwards from the house with kettles of hot water. Lessons would start when Frank got home from school. Despite the basic facilities, word of mouth soon spread the word. Even changing in the bathroom of the house did not discourage interest. The demand for lessons quickly grew and the business expanded, hiring the LSU Pool in the Avenue, building a second pool in Hordean and running courses all over the City wherever there was water space.

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HAVE A SWIM ON US AT 1974 PRICES

20P PER ADULT 10P PER CHILD

SEE PAGE 7 FOR MORE DETAILS

Shirley Swimming Pool Championships 2014

Welcome to the 37th Annual Swimming Gala and our 15th at the Quays Swimming complex.

This is a special year for the swimming club, commemorating 45 years of swimming teaching in the City and 40 years since Shirley Pool opened. Guests of honour tonight are Val Perry, who started the business all those years ago. Our thoughts are with Frank Perry who is too ill to be with us tonight. Welcome also to the Right Worshipful Mayor Of Southampton.

But of course tonight is all about the children swimming. It will be terrifying to start and exhilarating at the end. Win or lose they are all heroes, to be able to swim so well at such a young age is testament to their abilities and determination.

Tonight's first event is unusual, never tried before at Club Championships are sure to be a thriller. Eight of our best swimmers from across the age groups will race down the pool for one length. Last one to touch the wall is out. Then they do it again, eight times until we have a winner. The last man (or woman) standing is the "Skins" champion and probably the best swimmer in the club. Just to make it really tough, the head coach will select which stroke they are to swim next. The champion will have completed at least two lengths of all four strokes- flat out sprinting.

Well done to you parents as well, it's not easy in those hot crowded changing rooms every week. If it wasn't for you none of these children

would be here racing tonight.

And lets not forget their lovely teachers, so patient and knowledgeable.

Please make lots of noise during the races and be as quiet as possible at the start so that the swimmers can hear the beeper. There are 126 races tonight, with 174 swimmers taking part.

Medals will be awarded to the first eight swimmers in each age group, boys and girls. In some age groups there is more than one race because there are only eight lanes across the pool.

It will be the fastest eight times from *all the heats in the age group* that will be awarded extra medals.

The presentation picnic will be at the Sporting View, Southampton Sports Centre on Saturday July 12th 5pm - 7pm. The Mayor of Southampton is due to be on hand to help with presentations.

All swimmers receive a medal tonight for reaching the Championship Gala which they receive as they leave. There is also a commemorative Shirley Pool watch, balloon, a pen and free sweets.

The children can change once their last race is complete.

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Thank you for supporting this evening's gala and for making the effort to bring the children swimming regularly.

I hope you will be proud of your children's efforts and enjoy the evening.

The results will be ready within a day or two at the pool and on the website

www.shirleyswimmingpool.co.uk



Hampshire Champions 2014

Filip Fraczek- Krygier

11 year boys - County Champion and NEW COUNTY RECORD HOLDER 50m FS 29.68.



Oliver Cook

9 year boys - County Champion 200m IM and 400m IM



Kate Baxter

10 year girls - County Champion 200m BF



LETTERS TO THE EDITOR

THANK YOU

I would like to inform you on a incident that happened with my son Ethan Rhodes. Before Christmas when visiting my Nans grave Ethan had an accident where he fell into a very deep pond. The pond was in a pit where there was no sides or shallow area for Ethan to get too, Ethan kept calm and remained treading water while we tried to get him out,we could not reach him so my husband jumped in to push Ethan up enabling me to then reach him, the pond was so bad my husband was then also stuck. This was a very frightening time for us, Ethan was fully clothed and the water was freezing. After getting out he said all he could hear was Chris in his head telling him what to do and the importance of keeping calm. The skills you have taught Ethan kept him calm and able to think what to do in this situation. I believe this saved his life and you should be very proud of your teaching skills and giving children the chance to save themselves in these frightening situations. Thank you so much. Regards
Selina Rhodes

Since joining Shirley Pool around two years ago, I as a parent, have seen such an improvement in his confidence and swimming ability and I have, and will continue to, recommend you to others in the community
Mrs Estlea

Evie loved her lessons with Chloe on a Saturday morning. We will definitely use the pool in future and have recommended to others as they have been excellent
Teresa Burnage

We would highly recommend your swim school to anyone .
Ben & Jacinta Milne, Southampton

Our family are moving back to Australia, please pass on an enormous thank you to all the staff at Shirley Swimming Pool. Jeremy has absolutely loved attending your lessons. In particular, thank you to Jane, Jeremy's swimming teacher. Jane is a brilliant swimming teacher, and Jeremy's swimming has improved immensely since being under her guidance. We have been very thankful to have Jeremy attending such a high quality swimming school. We are sorry that we can't take Jane back to Australia with us! We are also very appreciative of the unlimited make up classes; it is a wonderful service and has enabled Jeremy to progress in swimming despite any illnesses and holidays away.

Ella has decided to give up swimming to focus on gymnastics. I would just like to thank you and all the teachers at Shirley Pool for teaching Ella and her sister Mia so well and for the many enjoyable times they have had. All the best for the future and in particular, with the rebuild.
Simon Ridley, North Baddesley April 2009

James and Bethan have thoroughly enjoyed themselves over the last few years. We will be using you again when possible- and will recommend you to our friends of course
Christine Beckett-Halman, Romsey.

Can I thank you for helping me from being a non swimmer to at least being able to do lengths, perhaps not with the best style but always reaching the end and I have conquered my fear of the deep
Maureen Syed, Lordswood

I am truly thankful to all of your team for teaching Zoe to learn to swim and for making her confident in the water. I know she has really enjoyed her lessons with Luke and Chris especially. Thank you

We would have no hesitation in returning to your swim school. Thank you for all that you have taught the children so far, they both thoroughly enjoy their lessons and will be very sad to leave you.
Louisa Baker, Netley Abbey

“Thank you very much for teaching Lucy- she has loved having lessons with you and the other teachers and may come back to it later.
Annie Donnan, Shirleyt

Thank you for all the swimming skills that you have taught Jamie. He has really enjoyed the sessions with you.”
Mrs McBride, Bitterne Park

A huge thank you to Abbie and Deborah for teaching Ella to swim over the last four years. She has loved her swimming lessons
Mrs Anthes Hedge End

Thank you to all that have taught Alex, he is now a very able and confident swimmer. We will continue to recommend you to everyone we know
Sue Johnson, Townhill Park Southampton.

I would like to take this opportunity to thank you all and especially Jane as Imogen's main teacher for teaching Imogen to swim and making it such a fun experience
Richard Bryant, Rowenhams

Thank you for teaching me to swim. I never thought I would be able to
Theresa Ferguson

We'd like to thank you and the team of swimming instructors for all your help,encouragement and training that you have given Ollie over the last 8 years. Now Ollie is a confident swimmer he would like to swim with his friends. Can we again thank you, we do appreciate the work put in to teaching Ollie to swim.

Could I please take this opportunity to thank you for your teaching of Conner. His confidence in the water has grown tremendously in your care and I am sure this will stand him in good stead as he continues to progress with his swimming.
Catherine Yates, Hamble August 2011

Many thanks again - we think you are doing a great job and should all feel very proud of how you have helped so many children(and adults) in their quests to swim
Helen Ridley, Shirley.

We are about to move away and have to have to stop swimming. Thank you for everything. The children have thoroughly enjoyed the lessons and we are sadto leave
Mrs Powell

Thank you to all the staff at Shirley Pool that have taught Peter to swim over the years and that have made his lessons over the years a happy time which he has enjoyed. All the best to you and all the staff
Veronica Findlay, Romsey.

I would like to take this opportunity to thank Phil forAdielas swimming lessons. She was a very nervous child in the water and she very quickly began to enjoy being in the water.
Angela Manore, Shirley

Thank you so much for everyone's expertise in teaching Rosie to swim over the last 9 years!
Nicola Smith, Southampton

We have much appreciated the excellent swimming tuition you have given our daughters over the past 3 years. Many thanks for all that you have done to help them become confident in the waterand enjoy swimming
Mrs Hargreaves, Southampton

We have been very pleased with the teaching that Shirley Pool has offered and the proficiency of swimming that Summer has attained since being a member
Mark Richardson, North Baddesley.

I would like to take this opportunity to thank you and your instructors for teaching my son excellent water skills. When he joined he was unable toswim at all, but now he is very good and has great confidence in the water, thanks to you all

Thank you for brilliant lessons, the twins hada great time. Hope to see you at crash courses in the future.
Pamela Hatt, Chandlers Ford.

Kieran has enjoyed his time at Shirley and the excellent start he got from his lessons is really helping him now he has raised his swimming to the next level- so thank you to all the staff that have taught him
Cath Allsop, Chandlers Ford, 2009

Thank you for providing most fantastic swimming lessons for my daughter, Mili. She has very much enjoyed her time with all her teachers and has benefitted greatly from lessons and crash courses. Look forward to returning to your well organised swimming school. Best wishes and thanks.



PRESS CUTTINGS

The National Governing body of swimming the Amateur Swimming Association (ASA), hold a dinner each year in honour of their swimming heroes.

People are nominated from all over the country for their notable feats of swimming and spend a wonderful evening in the company of the top stars of swimming.

Shirley Pool itself has had several customers selected to be among those honoured:

*The Huggett family
Diana Gooch
Vicky Lewis
The Killen Family*

Top lifeguard honour for Kathryn after triple rescue

TWELVE-year-old North Baddesley schoolgirl Kathryn Tolliday has been presented with the Rookie Lifeguard of the Year award at Shirley Pool following her dramatic rescue of three drowning children.
The rescue happened when Kathryn was on holiday at a Brulport campsite. She was playing in a dingy when she heard the shouts of the struggling youngsters.
Diving from the dingy she swam to the scene and hailed two five-year-old boys to safety before diving below the surface of the water to rescue a third hysterical child out onto the bank.
Kathryn was modest about her actions.
“Our swimming teacher at Shirley Pool had been teaching us about lifesaving but it was just a reaction to dive in,” she said.
Her mum, Sue Tolliday said, “Kathryn has been swimming at Shirley swimming pool for a few years. I am just so glad she was there and able to help. The children's parents were nowhere to be seen.”
As well as receiving the Rookie Lifeguard award Kathryn has been nominated for the Amateur Swimmer Association Annual Awards in London.



Lifesaver Kathryn Tolliday



Dolphins' dash earns Isle of Wight victory

A SHIRLEY Dolphins team won the annual Isle of Wight Spirit Swimming Gala. A record number of swimmers from the Shirley Pool made up two teams and Warriors finished ahead of Bucknell and two lots of Wight squads.



SURF RESCUE D R A M A

Shirley Pool Teacher Luke Perry was involved in a dramatic sea rescue recently while teaching in India. Luke was working as a surf instructor in Varkala, South West India when

he was called on to use his lifeguard skills to rescue and resuscitate a tourist who had got into difficulties while out surfing . The unfortunate traveler had a heart attack out at sea, brought on by paralysis caused by a slipped disc. Luke was not impressed by the Indian lifeguards, “People were just running up and slapping this poor guy and then retreating while the Indian lifeguards continued to play volleyball- in their

suits! Luckily we were able to get him to shore and give him CPR. He is back in the UK and recovering now “ “Don’t assume that the lifeguards in India are going to help you out- they can’t swim. They are only there to stop the locals going in the sea” Luke worked as a Level 2 teacher and Lifeguard at Shirley Pool before moving to Cornwall and qualifying as a Surf Instructor and Beach Lifeguard.



Luke Perry Swim and surf teacher

VICKI LEWIS SUPERMUM

Whilst Britain basks in the glow of this summer’s success, the Olympic legacy continued as our aquatic Olympians recognised the achievements of some of our inspirational unsung swimming heroes at the Kellogg’s ASA Swimtastic Awards 2012.

Finalists from across the UK travelled to Ponds Forge Aquatics Centre on Saturday 20th October, to swim with the stars of British swimming including Paralympics’ double gold medalist Ellie Simmonds. A glittering awards ceremony followed in the evening which saw some of the top names in British ‘swimmeratti’ guarantee the night went off with a bang, including Paralympicswimming gold medallist Josef Craig, as well as Open Water Olympian Kerri-Anne Payne, Olympic diver Nick-Robinson Baker, Olympic womens waterpolo team Captain Fran Leighton and Olympic synchronised swimmers Jenna Randall and Olivia Federici. The Kellogg’s Swimtastic Awards are organised by the ASA, the national governing body for swimming,

and celebrate the achievements of swimmers of all ages and abilities from around the country. Vicki Lewis, the winner of the Parent Of the Year, was overwhelmed by the event and spoke of her pride in winning her category.

“I CAN’T BELIEVE THE PUBLICITY, IT’S BEEN ON TV AND RADIO. THE WEEKEND WAS WONDERFUL, THE KIDS GOT ALL THE OLYMPIC SWIMMER AUTOGRAPHS, THE DINNER WAS SUPERB. IT WAS ALL JUST FANTASTIC.”

Olympic bronze medallist and BBC sport presenter Steve Parry, who



hosted the awards, said: “The whole country is on a high after the Olympics, which is fantastic, but now it’s time to recognise the heart-warming, courageous stories of our swimming community up and down the country - that’s exactly what The Swimtastic Awards are about. “It’s a brilliant way of honouring the people who have achieved their personal goals in the pool. “As always there has been a fine range of talent on show at this year’s

Swimtastic Awards and our finalists have been given a hero’s welcome by our Olympic stars - something they all thoroughly deserve.” Vicki Lewis, 31, from Regents Park Southampton, was originally nominated by her local Shirley Pool. Despite living with Cerebral Palsy since birth, Vicki and her mum have made sure the children Nathan and Ellena had lessons since birth. Vicki’s condition means that she is in almost constant pain

and cannot walk without the aid of sticks. The children Nathan (4) and Ellena (6) received certificates of commendation for their outstanding achievements in swimming- both have achieved the mile award. Both were very proud of their mother when she was announced as the winner of the gold award – Swimming Parent Of The Year.



OLYMPIC STARS HONOURS THE KILLEN FAMILY

A local family have been recognised for their outstanding achievements in swimming at a National

Awards ceremony in Stratford, by the Amateur Swimming Association.

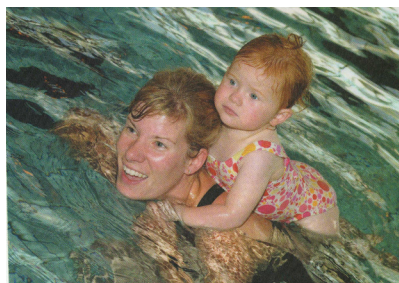
All four children of the Killen family from Hedge End have been attending lessons at the Shirley Swimming Pool, where their success in achieving swimming badges was recognised in a glittering night for the nations best achievers:” Gold Award for Family Swimming”

Olympic Medallists from Beijing were on hand at the gala ceremony to present awards to people from all over the country who have made outstanding achievements or contributions to swimming.

Managing Director, David Perry said, “It is hard to put four children through swimming tuition at the same time, but it is the children’s ability that is special. Often one child in a family will shine in the water but they are all water babies”

Jane Monger, ASA Teacher for the last twenty years with preschool ages at Shirley, has helped the Killen toddlers make a start says,

“ I think the parents should get an award for getting the kids here week in, week out. I guess



Sarah Killen and Sydney

it helps having two pools here so they can all go at similar times”,

The children, Harri(8), Charlie (5) Bertie (3) and Sydney (2) have all the badges up to 5,000 m between them. The shuttle run from Hedge End to the Shirley baths takes place up to four times a week as Harriet swims in the top level, the Dolphins three times a week. Harriet showed early promise, starting as a baby and progressing quickly as a toddler. By the age of 5 Harriet had completed her 5,000m.

“The water is always warm and the teachers are really nice. Changing from one level to the next is easy and the kids don’t get upset- they want to catch up with the older kids. It’s become a second home!”

Dad, Paul, was away for much of the learning, serving in the British army in Basra. When his time was completed, Paul decided to get in the swim himself and studied to become a qualified swimming teacher,

“ If you can’t beat them....I arrived back from Basra and guess where they were? So I arrived at in pool, still in full uniform, the girls were delighted”

Proud parents Sarah and Paul Killen accompanied the children for their special night. Mum Sarah, “I think it is so important that the children learn when they are young and it is lovely to see them swim the strokes properly. My Mum used to take me to Shirley when I was young and I wanted to do the same for my children, so they all started learning as babies”

THE HUGGETT FAMILY

The Amateur Swimming Association has recognised the Huggett family for outstanding achievement in the Special Category and Olympic stars Sharon Davis and Nick Gillingham were on hand to make the presentations.

The Amateur Swimming Association has recognised the Huggett family for outstanding achievement in the Special Category.

The children, Michael (9), Thomas (8) Emily (5), Andrew (7),Charlotte (3) and Megan (1) have all the badges up to one mile and the prestigious Olympic Award between them, all carefully sewn onto their own swimming towels. The shuttle run from Totton to the Shirley baths takes place up to eight times a week as the older boys swim twice a week.

Proud parents Lisa and Brian Huggett accompanied the children for their special night. Mum lisa, “I think it is so important that the children learn when they are young and it is lovely to see them swim the strokes properly.

I didn’t learn when I was young so I wanted to make sure the children were safe so they all started learning as babies”

“It takes a lot of organising, Gran helps and we take turns driving”, says Lisa Huggett “The pool is very flexible- they have a direct debit scheme that means if the children are ill and miss lessons you can make them up later. That helps.”

It is the second year running that the Kentish Road swim school has had swimmers selected for their outstanding achievements. In 2003 “Super Gran” Diana Gooch was given the star treatment for achieving the 100 mile award shortly after learning to swim.



OLYMPIC STARS HONOUR PENSIONER

A local pensioner has been recognised for her outstanding achievements in swimming at a National Awards ceremony in Stratford, by the Amateur Swimming Association.

Diana Gooch, (57) completed the 100 miles swim at Shirley Swimming Pool, Southampton in less than two years, received her award from Olympic stars Sharon Davis and Nick Gillingham in a glittering night that recognised the nations best achievers.

Diana started her lessons in the shallow pool at Shirley Pool after being advised by her doctor to begin exercising and lose weight in order to alleviate persisting health problems and crippling arthritis. Just 18 months ago, after becoming a confident swimmer, Diana embarked upon her 100 mile swim. She now swims up to 100 lengths each time she swims, has lost over 3 stone and no longer relies on her walking stick.

Managing Director, David Perry, who taught Diana to swim, said, “It is a magnificent achievement by any standards but even more special considering 2 years ago Diana was terrified of the water!”

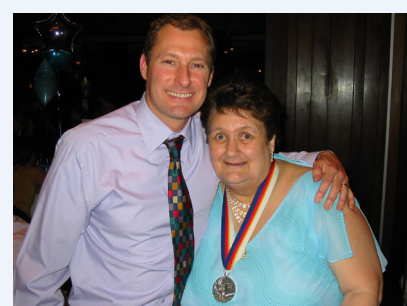
Despite having three major operations Diana still travels by two buses from her Thornhill council flat to Shirley, often at the pool first thing in the morning.

The Amateur Swimming Association has recognised Diana for outstanding achievement in the special category and she thanked the staff at Shirley Swimming Pool for their support and encouragement.

“She is an inspiration to us all” said David Perry, “it just goes to show how

hard work, determination and a good support system can totally change someone’s life for the better.”

The swimming pool celebrates 40 years of service to the community this year and is to be nominated for it’s teaching of swimming - over a 1800 children and adults a week attend the pool for lessons.



Olympian Nick Gillingham and Diana Gooch

SHIRLEY SWIMMING POOL CHAMPIONSHIP PROGRAMME 2014

Event		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Exhib	SKINS ELIMINATOR	Kate Baxter (10)	Tyler Ellis (13)	Ella Anderson (13)	Isabella Fraser-Corbridge (11)	Jodie Yates (13)	Billy Bye (14)	Ben Sluman (11)	Olliver Cook (9)
1	Girls/Boys 5yrs 25m BK			Roya Versey	Olivia Smallbone	Megan Thorpe	Violet Christopher	Luke Butson	Ethan Pearce-Williams
2	Girls 6yrs 25m BK			Mila Hunt-Rakic	Emma Cross	Pippa Heyes	Rebecca Screech	Emma Harrison	Emily Neil
2a	Girls 6yrs BK					Eva Ferguson	Livia Day	Beth Broad	Lucy Jones
3	Boys 6yrs 25m BK		Beau Versey	Adam Sadler	Leo Stewart-Jones	Callum Aitken	Jack Hunter-Guest	William Maughan	Luke Sweetnam
4	Girls 7yrs 25m BK		Sophie Blaydes	Maeve Blandford	Jaime Moroney	Verity Telford	Rosie Pybus		
4a	Girls 7yrs 25m BK		Jessica Escalona	Isla Baxter	Rhyseren Taylor	Macey Carstairs	Allia Mesa	Sophie Christopher	
5	Boys 7yrs 25m BK			Michael Mroczek	Michail Zakajeves	Henry Williams	Barnaby Pape		
5a	Boys 7yrs 25m BK		Lucas Curtis	Mats Fangor	Nathan Lewis	Alex Butson	Harry Razor		
6	8yrs Girls 25m BK	Chloe Hillman	Erin Maddock	Phoebe Newman	Adele Congreve	Alyssa Samson	Alexandra Lamberio	Samantha MacNaughton	
6a	8yrs Girls 25m BK	Hattie McHugh	Natasha Mitchell	Polly Page	Ella Connell	Kiara Santos	Jessica Ward	Olivia Theyer	Abigail Abosejo
6b	8yrs Girls 25m BK	Amy Sweetnam	Maggie Jones	Natasha Fraser-Corbridge	Ellena Lewis	Melanie Stewart-Jones	Zoey Yates	Madison Clark	Mia Hunter-Guest
7	8yrs Boys 25m BK		Eoin Williams	Daniel Fallows	George Heyes	Freddie McHugh	Charlie Hume-Paul	Kalim Robinson	
7a	8yrs Boys 25m BK	Bevan Woolley	Cameron Overton	Freddie Sadler	Jack Sluman	Lars Feyerbend-Powell	Marley Harris	Ethan Grundy	Zakhos Lekkas
8	9yrs Girls 25m BK			Lara Prince	Sarah Findlay	Elizabeth Andersson	Sara Jogai		
8a	9yrs Girls 25m BK		Erin Brady	Faith Lancaster	Lou Forder	Jessie Forder	Nancy Bye	Keeley Phillips	
8b	9yrs Girls 25m BK	Jasmine Spradbery	Kerensa Pickering	Emma Aitken	Sophie Hawkes	Naeve Pountney	Naomi Eldridge	Martyna Koczaja	Amy Williams
9	9yrs Boys 25m BK			Peter Stewart	Sam Marsh Collins	Dionisio Cardoso			
9a	9yrs Boys 25m BK		Callum Cook	Kai Lanham	Oliver Cook	Isaac Maddock	Andras Both	Harvey Maughan	
10	10yrs Girls 25m BK		Alisha Spencer	Libby Wassell	Cerys Tongs	Mitzi Kirkham	Kosheen McCarthy		
10a	10yrs Girls 25m BK		Isabel Puntis	Rochele Milano	Lucy Bignell	Rosie Porter	Rachel Palma	Jasmine Undecimo	
10b	10yrs Girls 25m BK	Abigail Woolley	Isabella Smallbone	Tara Alavi	Mia Anderson	Elena Strachan	Josie Cole	Charlotte Cole	Rosie Porter
10c	10yrs Girl 25m BK	Reese Endean	Rebecca Mitchell	Ella Carstairs	Kate Baxter	Anne Dela Cruz	Olivia Tilley	Louisa Broad	Eva Mayer
11	11yrs Girls 25m BK	Thomas Callum	Sam Martin	Alex Williams	Archie Garland	Evan Harris	Ben Butson	George Halfacre	Jonathon Cross
12	11yrs Girls 25m BK		Saniya Belgi	Sejal Shyam Kumar	Nicola Kwiatkowska	Loryn Bolt	Gabrielle Ramos		
12a	11yrs Girls 25m BK	Kaira Feyerbend-Powell	Nathalia Clark	Neve Day	Isabella Fraser-Corbridge	Robbie Millard	Hannah Cowap	Anna Prince	Daisy Gray
13	11yrs Boys 25m BK	Thomas Hayes	Charlie Page	Zak Lanham	Ben Sluman	Daniel Alavi	Sam Cole	Gibril Jatta	Werner Desouza
14	12yrs Mixed 25m BK			Abigail Cross	Aidan Moss	Lilly Rapley	Joby Matthews		
15	13yrs Mixed 25m BK		Charlotte Broad	Jodie Yates	Ella Anderson	Tyler Ellis	Alice Baxter		
16	14/15yrs + Mixed 25m BK		Kieran Harrison (14)	Freja Baxter (15)	Ruella Garland (14)	Caroline Millard (15)	Billy Bye (14)		

17	Girls/Boys 5yrs 25m FC			Roya Versey	Olivia Smallbone	Megan Thorpe	Violet Christopher	Luke Butson	Ethan Pearce-Williams
18	Girls 6yrs 25m FC			Mila Hunt-Rakic	Emma Cross	Pippa Heyes	Rebecca Screech	Emma Harrison	Emily Neil
18a	Girls 6yrs FC					Eva Ferguson	Livia Day	Beth Broad	Lucy Jones
19	Boys 6yrs 25m FC		Beau Versey	Adam Sadler	Leo Stewart-Jones	Callum Aitken	Jack Hunter-Guest	William Maughan	Luke Sweetnam
20	Girls 7yrs 25m FC		Sophie Blaydes	Maeve Blandford	Jaime Moroney	Verity Telford	Rosie Pybus		
20a	Girls 7yrs 25m FC		Jessica Escalona	Isla Baxter	Rhyseren Taylor	Macey Carstairs	Allia Mesa	Sophie Christopher	
21	Boys 7yrs 25m FC			Michael Mroczek	Michail Zakajeves	Henry Williams	Barnaby Pape		
21a	Boys 7yrs 25m FC		Lucas Curtis	Mats Fangor	Nathan Lewis	Alex Butson	Harry Razor		
22	8yrs Girls 25m FC	Chloe Hillman	Erin Maddock	Phoebe Newman	Adele Congreve	Alyssa Samson	Alexandra Lamberio	Samantha MacNaughton	
22a	8yrs Girls 25m FC	Hattie McHugh	Natasha Mitchell	Polly Page	Ella Connell	Kiara Santos	Jessica Ward	Olivia Theyer	Abigail Abosejo
22b	8yrs Girls 25m FC	Amy Sweetnam	Maggie Jones	Natasha Fraser-Corbridge	Ellena Lewis	Melanie Stewart-Jones	Zoey Yates	Madison Clark	Mia Hunter-Guest
23	8yrs Boys 25m FC		Eoin Williams	Daniel Fallows	George Heyes	Freddie McHugh	Charlie Hume-Paul	Kalim Robinson	
23a	8yrs Boys 25m FC	Bevan Woolley	Cameron Overton	Freddie Sadler	Jack Sluman				
24	9yrs Girls 25m FC			Lara Prince	Sarah Findlay	Elizabeth Andersson	Sara Jogai		
24a	9yrs Girls 25m FC		Erin Brady	Faith Lancaster	Lou Forder	Jessie Forder	Nancy Bye	Keeley Phillips	
24b	9yrs Girls 25m FC	Jasmine Spradbery	Kerensa Pickering	Emma Aitken	Sophie Hawkes	Naeve Pountney	Naomi Eldridge	Martyna Koczaja	Amy Williams
25	9yrs Boys 25m FC			Peter Stewart	Sam Marsh Collins	Dionisio Cardoso			
25a	9yrs Boys 25m FC		Callum Cook	Kai Lanham	Oliver Cook	Isaac Maddock	Andras Both	Harvey Maughan	
26	10yrs Girls 25m FC		Alisha Spencer	Libby Wassell	Cerys Tongs	Mitzi Kirkham	Kosheen McCarthy		
26a	10yrs Girls 25m FC		Isabel Puntis	Rochele Milano	Lucy Bignell	Rosie Porter	Rachel Palma	Jasmine Undecimo	
26b	10yrs Girls 25m FC	Abigail Woolley	Isabella Smallbone	Tara Alavi	Mia Anderson	Elena Strachan	Josie Cole	Charlotte Cole	Rosie Porter
26c	10yrs Girl 25m FC	Reese Endean	Rebecca Mitchell	Ella Carstairs	Kate Baxter	Anne Dela Cruz	Olivia Tilley	Louisa Broad	Eva Mayer
27	10yrs Boys 25m FC	Thomas Callum	Sam Martin	Alex Williams	Archie Garland	Evan Harris	Ben Butson	George Halfacre	Jonathon Cross
28	11yrs Girls 25m FC		Saniya Belgi	Sejal Shyam Kumar	Nicola Kwiatkowska	Loryn Bolt	Gabrielle Ramos		
28a	11yrs Girls 25m FC	Kaira Feyerbend-Powell	Nathalia Clark	Neve Day	Isabella Fraser-Corbridge	Robbie Millard	Hannah Cowap	Anna Prince	Daisy Gray
29	11yrs Boys 25m FC	Thomas Hayes	Charlie Page	Zak Lanham	Ben Sluman	Daniel Alavi	Sam Cole	Gibril Jatta	Werner Desouza
30	12yrs Mixed 25m FC			Abigail Cross	Aidan Moss	Lilly Rapley	Joby Matthews		
31	13yrs Mixed 25m FC		Charlotte Broad	Jodie Yates	Ella Anderson	Tyler Ellis	Alice Baxter		
32	14/15yrs + Mixed 25m FC		Kieran Harrison (14)	Freja Baxter (15)	Ruella Garland (14)	Caroline Millard (15)	Billy Bye (14)		

33	Girls/Boys 5yrs 25m BRST			Roya Versey	Olivia Smallbone	Megan Thorpe	Violet Christopher	Luke Butson	Ethan Pearce-Williams
34	Girls 6yrs 25m BRST			Mila Hunt-Rakic	Emma Cross	Pippa Heyes	Rebecca Screech	Emma Harrison	Emily Neil
34a	Girls 6yrs BRST					Eva Ferguson	Livia Day	Beth Broad	Lucy Jones
35	Boys 6yrs 25m BRST		Beau Versey	Adam Sadler	Leo Stewart-Jones	Callum Aitken	Jack Hunter-Guest	William Maughan	Luke Sweetnam
36	Girls 7yrs 25m BRST		Sophie Blaydes	Maeve Blandford	Jaime Moroney	Verity Telford	Rosie Pybus		
36a	Girls 7yrs 25m BRST		Jessica Escalona	Isla Baxter	Rhyseren Taylor	Macey Carstairs	Allia Mesa	Sophie Christopher	
37	Boys 7yrs 25m BRST			Michael Mroczek	Michail Zakajeves	Henry Williams	Barnaby Pape		
37a	Boys 7yrs 25m BRST		Lucas Curtis	Mats Fangor	Nathan Lewis	Alex Butson	Harry Razor		
38	8yrs Girls 25m BRST	Chloe Hillman	Erin Maddock	Phoebe Newman	Adele Congreve	Alyssa Samson	Alexandra Lamberio	Samantha MacNaughton	
38a	8yrs Girls 25m BRST	Hattie McHugh	Natasha Mitchell	Polly Page	Ella Connell	Kiara Santos	Jessica Ward	Olivia Theyer	Abigail Abosejo
38b	8yrs Girls 25m BRST	Amy Sweetnam	Maggie Jones	Natasha Fraser-Corbridge	Ellena Lewis	Melanie Stewart-Jones	Zoey Yates	Madison Clark	Mia Hunter-Guest
39	8yrs Boys 25m BRST		Eoin Williams	Daniel Fallows	George Heyes	Freddie McHugh	Charlie Hume-Paul	Kalim Robinson	
39a	8yrs Boys 25m BRST	Bevan Woolley	Cameron Overton	Freddie Sadler	Jack Sluman				
40	9yrs Girls 25m BRST			Lara Prince	Sarah Findlay	Elizabeth Andersson	Sara Jogai		

Event		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
40a	9yrs Girls 25m BRST		Erin Brady	Faith Lancaster	Lou Forder	Jessie Forder	Nancy Bye	Keeley Phillips	
40b	9yrs Girls 25m BRST	Jasmine Spradbery	Kerensa Pickering	Emma Aitken	Sophie Hawkes	Naeve Pountney	Naomi Eldridge	Martyna Koczaja	Amy Williams
41	9yrs Boys 25m BRST			Peter Stewart	Sam Marsh Collins	Dionisio Cardoso			
41a	9yrs Boys 25m BRST		Callum Cook	Kai Lanham	Oliver Cook	Isaac Maddock	Andras Both	Harvey Maughan	
42	10yrs Girls 25m BRST		Alisha Spencer	Libby Wassell	Cerys Tongs	Mitzi Kirkham	Kosheen McCarthy		
42a	10yrs Girls 25m BRST		Isabel Puntis	Rochele Milano	Lucy Bignell	Rosie Porter	Rachel Palma	Jasmine Undecimo	
42b	10yrs Girls 25m BRST	Abigail Woolley	Isabella Smallbone	Tara Alavi	Mia Anderson	Elena Strachan	Josie Cole	Charlotte Cole	Rosie Porter
42c	10yrs Girls 25m BRST	Reese Endean	Rebecca Mitchell	Ella Carstairs	Kate Baxter	Anne Dela Cruz	Olivia Tilley	Louisa Broad	Eva Mayer
43	10yrs Boys 25m BRST	Thomas Callum	Sam Martin	Alex Williams	Archie Garland	Evan Harris	Ben Butson	George Halfacre	Jonathon Cross
44	11yrs Girls 25m BRST		Saniya Belgi	Sejal Shyam Kumar	Nicola Kwiatkowska	Loryn Bolt	Gabrielle Ramos		
44a	11yrs Girls 25m BRST	Kaira Feyerbend-Powell	Nathalia Clark	Neve Day	Isabella Fraser-Corbridge	Robbie Millard	Hannah Cowap	Anna Prince	Daisy Gray
45	11yrs Boys 25m BRST	Thomas Hayes	Charlie Page	Zak Lanham	Ben Sluman	Daniel Alavi	Sam Cole	Gibril Jatta	Werner Desouza
46	12yrs Mixed 25m BRST			Abigail Cross	Aidan Moss	Lilly Rapley	Joby Matthews		
47	13yrs Mixed 25m BRST		Charlotte Broad	Jodie Yates	Ella Anderson	Tyler Ellis	Alice Baxter		
48	14/15yrs + Mixed 25m BRST		Kieran Harrison (14)	Freja Baxter (15)	Ruella Garland (14)	Caroline Millard (15)	Billy Bye (14)		

49	Girls/Boys 5yrs 25m BF			Roya Versey	Olivia Smallbone	Megan Thorpe	Violet Christopher	Luke Butson	Ethan Pearce-Williams
50	Girls 6yrs 25m BF			Mila Hunt-Rakic	Emma Cross	Pippa Heyes	Rebecca Screech	Emma Harrison	Emily Neil
50a	Girls 6yrs BF					Eva Ferguson	Livia Day	Beth Broad	Lucy Jones
51	Boys 6yrs 25m BF		Beau Versey	Adam Sadler	Leo Stewart-Jones	Callum Aitken	Jack Hunter-Guest	William Maughan	Luke Sweetnam
52	Girls 7yrs 25m BF		Sophie Blaydes	Maeve Blandford	Jaime Moroney	Verity Telford	Rosie Pybus		
52a	Girls 7yrs 25m BF		Jessica Escalona	Isla Baxter	Rhyseren Taylor	Macey Carstairs	Allia Mesa	Sophie Christopher	
53	Boys 7yrs 25m BF			Michael Mroczek	Michail Zakajeves	Henry Williams	Barnaby Pape		
53a	Boys 7yrs 25m BF		Lucas Curtis	Mats Fangor	Nathan Lewis	Alex Butson	Harry Razor		
54	8yrs Girls 25m BF	Chloe Hillman	Erin Maddock	Phoebe Newman	Adele Congreve	Alyssa Samson	Alexandra Lamberio	Samantha MacNaughton	
54a	8yrs Girls 25m BF	Hattie McHugh	Natasha Mitchell	Polly Page	Ella Connell	Kiara Santos	Jessica Ward	Olivia Theyer	Abigail Abosejo
54b	8yrs Girls 25m BF	Amy Sweetnam	Maggie Jones	Natasha Fraser-Corbridge	Ellena Lewis	Melanie Stewart-Jones	Zoey Yates	Madison Clark	Mia Hunter-Guest
55	8yrs Boys 25m BF		Eoin Williams	Daniel Fallows	George Heyes	Freddie McHugh	Charlie Hume-Paul	Kalim Robinson	
55a	8yrs Boys 25m BF	Bevan Woolley	Cameron Overton	Freddie Sadler	Jack Sluman				
56	9yrs Girls 25m BF			Lara Prince	Sarah Findlay	Elizabeth Andersson	Sara Jogai		
57	9yrs Girls 25m BF		Erin Brady	Faith Lancaster	Lou Forder	Jessie Forder	Nancy Bye	Keeley Phillips	
57a	9yrs Girls 25m BF	Jasmine Spradbery	Kerensa Pickering	Emma Aitken	Sophie Hawkes	Naeve Pountney	Naomi Eldridge	Martyna Koczaja	Amy Williams
58	9yrs Boys 25m BF			Peter Stewart	Sam Marsh Collins	Dionisio Cardoso			
58a	9yrs Boys 25m BF		Callum Cook	Kai Lanham	Oliver Cook	Isaac Maddock	Andras Both	Harvey Maughan	
59	10yrs Girls 25m BF		Alisha Spencer	Libby Wassell	Cerys Tongs	Mitzi Kirkham	Kosheen McCarthy		
59a	10yrs Girls 25m BF		Isabel Puntis	Rochele Milano	Lucy Bignell	Rosie Porter	Rachel Palma	Jasmine Undecimo	
59b	10yrs Girls 25m BF	Abigail Woolley	Isabella Smallbone	Tara Alavi	Mia Anderson	Elena Strachan	Josie Cole	Charlotte Cole	Rosie Porter
59c	10yrs Girl 25m BF	Reese Endean	Rebecca Mitchell	Ella Carstairs	Kate Baxter	Anne Dela Cruz	Olivia Tilley	Louisa Broad	Eva Mayer
60	10yrs Boys 25m BF	Thomas Callum	Sam Martin	Alex Williams	Archie Garland	Evan Harris	Ben Butson	George Halfacre	Jonathon Cross
61	11yrs Girls 25m BF		Saniya Belgi	Sejal Shyam Kumar	Nicola Kwiatkowska	Loryn Bolt	Gabrielle Ramos		
61a	11yrs Girls 25m BF	Kaira Feyerbend-Powell	Nathalia Clark	Neve Day	Isabella Fraser-Corbridge	Robbie Millard	Hannah Cowap	Anna Prince	Daisy Gray
62	11yrs Boys 25m BF	Thomas Hayes	Charlie Page	Zak Lanham	Ben Sluman	Daniel Alavi	Sam Cole	Gibril Jatta	Werner Desouza
63	12yrs Mixed 25m BF			Abigail Cross	Aidan Moss	Lilly Rapley	Joby Matthews		
64	13yrs Mixed 25m BF		Charlotte Broad	Jodie Yates	Ella Anderson	Tyler Ellis	Alice Baxter		
65	14/15yrs + Mixed 25m BF		Kieran Harrison (14)	Freja Baxter (15)	Ruella Garland (14)	Caroline Millard (15)	Billy Bye (14)		



continued from front page

SHIRLEY POOL REBUILT IN FOUR WEEKS



The plan in 2008 was a 2 storey leisure centre, gym, cafe and play area. The banking crisis scuppered the plans.

In 1973, the Council offered a piece of waste land in a derelict back street of Shirley, Kentish Rd, on a long lease and work began on the Shirley Pool. Frank & Val Perry sold the house and land in West End, moved closer to the new site, investing everything in the new venture. The estimated £25,000 build cost quickly became £35,000, the oil crisis sent the overheads through the roof and the next ten years became a struggle to pay off the loans. Despite being the only purpose built private swim school in the country, the public were slow on the uptake. By 1985 Frank had left to pursue his first love, coaching, at Winchester Penguins S.C. Val kept the business going with Ruth, their youngest daughter for another eight years and the business began to stabilise. Val was diagnosed with cancer in 1992 and, in trying to sell the pool, discovered that there was serious corrosion in the steelwork. David joined the family business in 1993 and within three years was able

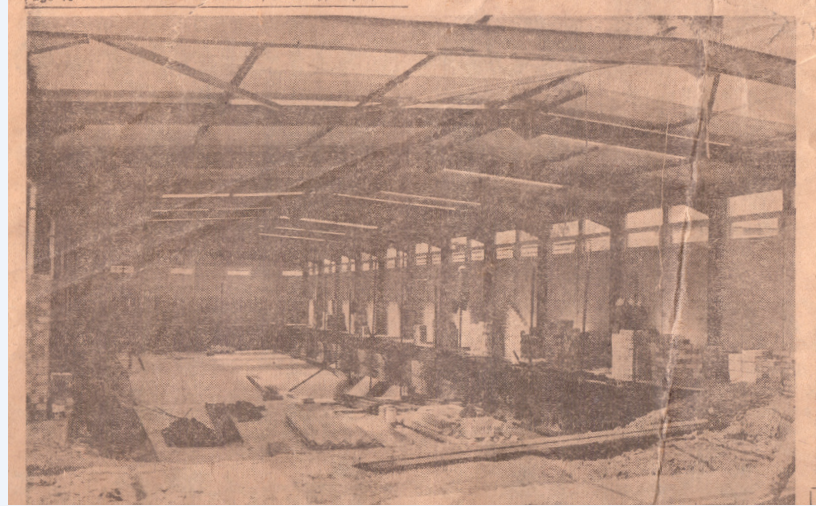
to raise the funds to allow Val to retire. Chris White was recruited to join full time teacher Jane Read who had been with the pool since 1988. Baby lessons, pioneered in the 1970's, expanded with Viv and Deborah. The culture of high quality tuition was maintained and gradually the lesson program expanded. The introduction of the direct debit system in 2003 proved very popular with busy families, offering affordability and flexibility and the business grew rapidly. The liners of the pools were upgraded, a new plant room designed and installed bringing state of the art chemical controls and UV disinfection. The land was purchased from the council and detailed planning began for a new roof. Planning permission was eventually granted in 2009 and foundations started for a new two storey building that would go over the existing site, like a butter dish lid. The plan was to complete the fitting upstairs and then remove the original 1974 building. The loan from the bank was withdrawn eight weeks before construction was to start, a victim of the banking crisis, and the construction of the foundations caused a huge leak in the pool. Roofers, steel workers, carpenters and bricklayers descended on the site as the old baths closed its doors on July 31st 2009. Within a week the asbestos roof had been removed, interior walls demolished and all services removed.

Piece by piece the steelwork was cut away and replaced, carefully manhandled to avoid damage to the swimming pools. The small pool had been tiled and the main pool relined, so a crash deck was installed for protection. Several bays of the external walls were demolished to allow exploration trenches, searching for the leak. Meanwhile, the redesign of the changing rooms and reception was under way, using pieces of cut timber a basic layout was agreed and a draft produced using AutoCAD's Sketch up. "The simple 3D mock ups were great on site - as soon as we had agreed a plan it was photocopied, marked up for the first fix plumbers and electricians while the chippies started the new partitions" explained project manager Martin Birch. "Everyone on the site I had worked with in the past, so I knew what to expect. As usual they were fantastic." Three weeks later the roof was on, new changing rooms, floors, lights, ceilings, lockers and changing cubicles were in place. The reception was built in situ, computers, burglar alarms and CCTV systems tested on the new electrical installation; new showers proved and even a semi automatic pool cover was hung from the new roof and wrapped into the false ceiling.



Head coach and chief plumber Chris White looks over the remains after demolition.

so well together, day and night. I've never seen anything like it. "We were seriously facing closure for good when the banks pulled out. To go from that low to this fabulous high, well: my faith in the building trades has been restored" The summer rebuild cost around £180,000, the plant room £45,000 and the pool linings £25,000. I think we got fantastic value for money- a new two pool teaching centre for £250,000 that will last another 30 years. I'm delighted" The pool reopened on time, four weeks after the work started. The leadership of project manager Martin Birch was key in the successful rebuild. He also found and fixed the leak. In 2013 the final phase of the rebuild was completed with a heat recovery system. February 2014 was the busiest month in the history of the pool with 1800 babies, children and adults in the teaching program.



Project manager Martin Birch and MD David Perry congratulate themselves on the successful removal of the original asbestos roof.

Daily Echo July 1974



Jane Monger, the longest serving teacher, welcomes customers to the new pool

SHIRLEY SWIMMING POOL RECORDS 2014

6 years	Girls		Boys	
25m Backstroke	Emma Macey (1994)	25.43	Dominic Gardner (2006)	28.68
25m Breaststroke	Emily Barker (2009)	38.28	Andrew Jones (1993)	31.86
25m Freestyle	Rhyseren Taylor (2013)	26.80	Jack Sluman (2012)	28.41
25m Fly	Rhyseren Taylor (2013)	30.42	Oliver Nicolin (2012)	36.46
7 years				
25m Backstroke	Emma Macey (1995)	22.33	Dominic Gardner (2007)	23.59
25m Breaststroke	Leanne Asher (1993)	27.48	Dominic Gardner (2007)	27.53
25m Freestyle	Emma Macey (1995)	20.94	Dominic Gardner (2007)	20.25
25m Fly	Rosie Smith (2007)	22.12	Dominic Gardner (2007)	25.21
8 years				
25m Backstroke	Isabella Fraser-Corbridge (2011)	20.19	Filip Fraczek Kryger (2011)	21.40
25m Breaststroke	Leanne Asher (1994)	26.05	Joe Tellett (1995)	23.65
25m Freestyle	Isabella Fraser-Corbridge (2011)	18.34	Dominic Gardner (2008)	18.53
25m Fly	Rosie Smith (2008)	20.72	Oliver Cook (2013)	21.05
9 years				
25m Backstroke	Kate Baxter (2013)	19.51	Joe Tellett (1996)	18.67
25m Breaststroke	Alexandra Warren (1996)	23.26	Dominic Gardner (2009)	22.90
25m Freestyle	Kate Baxter (2013)	17.00	Joe Tellett (1996)	15.57
25m Fly	Rosie Smith (2009)	19.15	Kieran Beckett (2010)	18.45
10 years				
25m Backstroke	Isabella Fraser-Corbridge (2013)	17.29	Filip Fraczek-Krygier (2013)	17.70
25m Freestyle	Isabella Fraser-Corbridge (2013)	15.48	Filip Fraczek-Krygier (2013)	15.03
25m Breaststroke	Emily Martin (2011)	20.92	Filip Fraczek-Krygier (2013)	19.95
25m Butterfly	Isabella Fraser-Corbridge (2013)	16.07	Filip Fraczek-Krygier (2013)	16.63



11 years	Girls		Boys	
25m Backstroke	Ella Anderson (2013)	17.60	Ashley Ball (2007)	18.37
25m Freestyle	Matilda Bryant (2010)	15.57	Ashley Ball (2007)	14.68
25m Breaststroke	Emma Ratcliffe (2009)	20.02	Kieran Allsop (2009)	19.75
25m Butterfly	Matilda Bryant (2010)	17.09	Ashley Ball (2007)	17.03
12 years				
25m Backstroke	Matilda Bryant (2011)	16.08	Ben Gardner (2010)	17.67
25m Breaststroke	Anna Reavey (2011)	18.46	Lewis Foreman (2009)	20.78
25m Freestyle	Matilda Bryant (2011)	13.26	Lewis Foreman (2009)	14.34
25m Fly	Bethany Clark (2009)	14.46	Samuel Johnstone (2009)	16.43
13 years				
25m Backstroke	Hannah Musker (2007)	16.76	Samuel Johnstone (2010)	15.89
25m Breaststroke	Hannah Musker (2007)	18.06	Billy Bye (2013)	20.00
25m Freestyle	Matilda Bryant (2011)	14.81	Samuel Johnstone (2010)	13.98
25m Fly	Bethany Clark (2009)	16.13	Samuel Johnstone (2010)	15.27
14 years				
25m Backstroke	Hannah Musker (2008)	16.66	Mitchell Ricketts (2008)	16.65
25m Breaststroke	Hannah Musker (2008)	18.06	Leon Walker (2008)	20.07
25m Freestyle	Hannah Musker (2008)	14.78	Joseph Fenton (2008)	13.87
25m Fly	Caroline Millard (2013)	15.32	Joseph Fenton (2008)	16.69

A SHORT HISTORY OF COMPETITION SWIMMING

Swimming is one of the world’s oldest forms of competitive sport. Swimming ability was valued in a number of ancient cultures, including Greece and Japan.

As swimming became established as a sporting activity in the early 1800s in Europe, the most common type of swim stroke employed was a variation of the breaststroke, where the swimmer used both arms below the water and the head positioned above water. In 1844 at a competition held in London, a number of Native American entrants from the United States used a stroke that was similar in style to the modern front crawl, where the swimmer’s head was submerged from time to time and the arms directed in a windmill motion. Although superior to the breast stroke, the Europeans saw the innovation as undignified and did not adopt it at that time. The first successful attempt to swim the English Channel, a distance of 21 mi (32 km) occurred in 1875. Swimming pools were built in London, and in other European cities, prior to 1900 and the first European swimming championships were held in Vienna in 1889. Swimming was included as a sport in the first modern Olympic Games in 1896 as a men’s sport; the first women’s Olympic swimming was contested in 1912. The most famous of swimming strokes was developed in the early years of the twentieth century by

Australian Frederick Cavill (1839–1927), who adapted the Native American overhand swim stroke and added a flutter kick (a repetitive kicking motion). This stroke was known as the Australian crawl; it is now designated in international swim rules as the crawl, the stroke used in freestyle swimming events. Swimming has produced some athletes who became the subject of international recognition. American Johnny Weissmuller (1904–1984) won a total of five Olympic medals in the 1924 and 1928 Summer Games. Weissmuller parlayed his swim fame into a Hollywood movie career as “Tarzan.” American Mark Spitz won seven gold medals in the 1972 Olympics. Australian Ian Thorpe, the 6 ft 7 in (1.98 m) “Thorpedo,” won a total of nine medals in the 2000 and 2004 Olympics, the most ever by an Australian athlete. Yona Klochova of the Ukraine won successive gold medals in the 2000 and 2004 Olympics, in addition to being named the world’s top 400-m medley swimmer for seven successive years. There are four general types of swimming races, each defined by the stroke that the swimmer is required to employ-, freestyle (where

all swimmers use the crawl), the breaststroke, the backstroke, and the butterfly. One event, the individual medley, requires the swimmer to use each of the four stroke types for a designated portion of the course. There are also relay races at various distances, including the medley relay where the four team members use a different stroke in their successive relay legs. Swimming is a sport that requires the athlete to develop total fitness- cardiovascular endurance, muscle strength, flexibility, and power. It is a sport where the body’s entire musculoskeletal system is engaged. For this reason, swim training is directed to the building and maintenance of all muscle groups. Swimming presents a lower risk of musculoskeletal injury than many sports. The nature of swimming and the timing of the competitive swim schedule for any athlete make the development of a periodised training schedule a priority for a swimmer. As with a competitive runner, there will be readily identifiable events in the year that will be of greater importance to the athlete. It is these events that should be identified as ones for which the athlete will “peak,” with training intensity adjusted accordingly. Dry land training particularly focused stretching programs to enhance optimal range of motion in the joints, weight training, and plyometric work to build explosive leg drive in both kicks and starts, will be components of this aspect of training. The competitive section of the Shirley Pool is the Southampton Dolphins Swimming Club, that offers competition for swimmers aged 6-18 ranging from Novice and Fun gala’s which gently introduce swimmers to competition, through to the highest level open competition. The club is designed to make the transition from learning to swim and racing as easy as possible. Around eighty children practice



extra swimming sessions, some up to eleven hours a week. Since its 2010 when the club affiliated to the ASA , the Dolphins have had 9 swimmers ranked in the top 25 in the country. Currently , Filip Fraczek-Krygier is ranked 5th in the 50m Freestyle and 16th in the 1500m FS in the UK in the 11 year boys age group. Filip also broke the County Record for his age group.Five swimmers this year have made it through to the South East Regional Age Group Championships in an impressive 29 individual events. At Novice and Fun galas, races range from 25m – 50m incorporating all the strokes as well as 4 X25m freestyle and medley relays. Typically races are “time limited” which means if you swim faster than the advertised minimum time you’ll receive a speeding ticket and no points for your team. This is to maintain the standard of swimming at the appropriate level and makes the gala fair for all teams. These types of galas usually end with an 8 X 25m cannon incorporating one boy and girl from each age group swimming freestyle. These are really exciting events and get parents and

spectators on their feet. The Dolphins have been successful in these galas winning the 2012 Novice League and 2013 Intermediate Trophy. For the swimmers competing at a higher level the Dolphins take part in open meets where swimmers select individual races to compete in and electronic timing is used. These meets are used for qualification into major championships such as the Hampshires in March. Races range from 50m sprints in all stokes through to 800m FS for the girls and 1500m FS for the boys. County age group Championships are conducted in a 25m pool known in swimming as “short course” all other major events such as Regional’s are conducted in a 50m pool known as “long course”. The top level Dolphin swimmers will compete between 3-4 times a year in a 50m pool, the same size used for Olympic events. To help them prepare for this the club takes part in monthly 50m pool training at the recently built Mountbatten Centre, Portsmouth. Head Dolphins coach will be watching the races carefully tonight and will invite promising swimmers into the Talent Squad for a trial.



Kate Baxter (10) 200m BF Hampshire County Champion



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Babies & Toddlers

It is never too early to start swimming lessons, our babies begin as young as six weeks. The baby pool is hot, shallow and secluded from public view, an ideal teaching pool. Songs and nursery rhymes help both parent and baby to build confidence in the water. Led by an experienced and qualified teacher, babies skills will grow through fun, happy lessons until they are toddlers learning without parents in small groups. As well as being the start of a key life skill, the weekly lessons provide parents with a sociable activity they can share with their babies.

Stroke Technique classes

Backstroke
Because children can now swim on their back and front and use basic arm movements they are safe in shallow water, ready to improve their strokes and prepare for the deeper water. Backstroke and inverting are perfected while a simple front crawl stroke is introduced. Gentle progressions build the children's skills to mould them into safe, deep water swimmers.

Front strokes
Able to tread water and swim 100m using two strokes, the "proper" front crawl is learnt. Getting the breathing right takes time but it will last a lifetime. Breaststroke is the most complicated stroke to learn for a child and so it is learnt in progressive stages: the leg kick first. Once diving, breaststroke and tumble turns are mastered, it is time to take on the butterfly. Because the body movement has been practiced in every level up to here, it is relatively easy to introduce the arms and breathing.

Swim Club

Swim club
Our swimmers are now ready to move onto larger groups of similar ability, where they cover the whole range of aquatic activities. In one hour classes, everything from lifesaving to water polo is enjoyed by the swimmers, backed by advanced, quality stroke techniques. Galas, awards and racing techniques continue to challenge and sustain the children's interest.

Dolphins
Those still keen to progress, our best swimmers, attend up to three times a week, building endurance, stamina and skills that will keep them fit and fast through their teenage years. As well as racing they will compete in Water Polo, Lifesaving and Surf Lifesaving competitions. They don't have to be champion swimmers – the aim is to keep them fit through fun until they reach an age when they start to take responsibility for their own fitness.

Beginners

Safe in water is the first aim for these school age children. The teacher in the pool will give equal priority to underwater confidence and surface skills. Floating, kicking, gliding, breath control and simple strokes will all be practiced until mastered. Never out of their depth, always within parents sight, even the most nervous beginner will flourish.

Adult Lessons

Many adults swim incorrectly or with poor technique, unable to breath properly. One in three cannot swim at all.

Powerful memories of early swimming experiences can have a lasting effect on our relationship with the water. Most children these days get access to high quality tuition in warm pools.

It wasn't always like that: freezing pools, shouting school teachers, or even being pushed in suddenly. It is not too late to learn.

You may just want to be able to get in a pool and relax, take a few strokes and cool off on a holiday without panicking. It could be that you plan to use swimming to help you get fit again, water is renowned for it's therapeutic nature. Even the best swimmers can learn to improve their technique and stamina.

We can help you gain the confidence you need to progress at your own pace, in a small group or private lessons, whatever your ability.

Learning to swim well does not happen quickly. Regular lessons, lots of practice and a determination to improve will keep you progressing.

The groups have a maximum of six at the beginners level, gradually increasing in the main pool as the skills are mastered.

The payment system includes unlimited access for practice at public swimming times.

Adult Nervous Beginners

Designed for the very nervous adult our small shallow pool has graduated steps and hand rails, constant depth of half a metre and is very warm. There are no public galleries and when the pool is being used for adult lessons, no children are present.

The teachers are experienced, qualified and patient and will always be in the water with you.

Here you will start with the basics of flotation, learning how to stay in control of your panic and regain your feet. Once you are comfortable in the water, gliding and leg kick are introduced followed by basic stroke movements and eventually breathing technique.

Classes take place in the early evening, Monday to Thursday and are forty five minutes.

Advanced Classes

Once your strokes have reached a reasonably efficient level and you have outgrown the widths groups there are a further three groups to aim for. Working in three quarter length and then in lanes will stretch your ability to keep the strokes together while developing stamina and speed over longer distances.

The advanced lessons are held on a Monday at 8pm and a Wednesday at 7pm.

Master Class

With the strokes in place, encouragement more than instruction is the order of the day. Everyday there are at least three sessions for lane swimming. On a Sunday evening there is a coach present leading an adult group of Master swimmers through a workout.

Private Lessons

One to one lessons can be arranged to suit whenever there is space in the pool. Although the charges are higher, progress can be excellent and is always specific to your needs. Private tuition can be used to supplement group lessons as required for a particular need or as a regular session.

General Information

Shirley Pool is a purpose built, two pool teaching centre, dedicated to making every swimming lesson productive and fun. We want the children to enjoy swimming. We also want it to be easy to access for everyone.

The first lesson is a free trial with a flexible direct debit scheme that allows lessons to be rearranged when needed. Only a months notice is needed to stop.

Baby and toddler classes take place during the day and Saturday afternoons, after school lessons are every night and Saturday mornings, all year round.

Babies are initially grouped by age, starting at 6 weeks. Toddlers are advanced as they progress and then grouped by ability. Badges and certificates are a powerful method of motivation so can be tested every eight weeks. Every lesson finishes with a short playtime.

Lessons take place all year with a short break for Christmas. The pool is closed on Bank holidays. You may join a class as soon as there is space, please call for vacancies.

You may collect the current timetable from reception or from www.shirleyswimmingpool.co.uk

Kentish Rd, Shirley, Southampton SO15 3GR
Tel: 023 8078 1901

Payment Details

Refurbished 2009

Teaching Swimming since 1969
023 8078 1901
Please call for vacancies

Babies

Baby swimming is an entirely safe and gentle activity – and one that will have beneficial impact on you and your child far beyond the confines of the lessons.

Babies should start learning to swim from young age to give them the best possible start in life. 75% of all brain growth happens before the age of three. They acquire movements and physical abilities during their first year of life which promotes the development of higher functions of the brain.

Swimming gives babies unique freedom of movement, meaning they can develop actions they wouldn't otherwise have had the opportunity to experience, in calm, warm water.

A qualified and experienced teacher will lead you through gentle progressions, teaching you how to handle your baby with confidence in the water. Through nursery rhymes and songs, a fun atmosphere is created where your baby will feel at ease in the water.

Where babies are concerned it's important to remember that they have no inherent fear of the water and are born with a mammalian dive reflex to hold their breath when submerged.

However, in many ways this reflex is immaterial as they learn to hold their breath anyway through word association. Learning to respond to commands can make your baby sharper mentally, increasing levels of awareness and understanding.

We build upon this ability by teaching babies not to panic if they should fall into water, to kick to the surface and either hold on to the side or float on their backs.

What's more, we introduce practices that not only teach babies how to love water, but to be confident and respectful of it. Like all the classes at Shirley Pool, our approach is different to traditional swimming lessons. With the main emphasis on having fun, the course is highly structured, with a carefully designed, progressive lesson plan that enables your child to feel at ease swimming both above and below the water's surface.

Regular swimming provides a complete physical work out, strengthening your child's heart, lungs and respiratory system; improving core muscle development and co-ordination.

Toddlers

Once your child can stand unaided, usually at around 2 years 9 months, they are introduced to a transitional class where eventually they will take part in a lesson with other children, but without parents. Here they will learn to swim unaided and gradually progress their techniques in the swimming strokes and seamlessly move forward in their skills. The lessons are relayed by video to a screen in reception so you will never miss a moment.

These daytime classes will become a regular and important part of their weekly routine and they will bond with the other little swimmers, their teacher and the pool. Regular swimming provides a complete physical work-out: strengthening your child's heart, lungs and respiratory system - improving core muscle development and co-ordination.

Tips & advice

The teaching pool is warm and shallow, so even if you feel uncomfortable in water, no one need know. Regular lessons will be one of your first socially stimulating occasions with other new parents, but you won't have to go under water unless you want to. You and your child's comfort, safety and enjoyment are always the first priority.

Thousands of babies across the world have been taken swimming prior to being immunised with no harmful effects. The NHS immunisation website states you can take your baby swimming at any time, regardless of where they are with their inoculations. Our babies lessons start swimming at six weeks.

Keeping the water clean is vital for all of us. Tender loving care, Ultra Violet Chambers, automatic dosing and the best quality chlorine means our water is the best it can be. You can play your part by ensuring that well fitted swim nappies are worn until toilet training is complete.

We ask that the older children always use the shower and toilet before swimming. The warm water relaxes muscles so we expect to see children leaving the water to use the toilet, even during a short lesson.

In the case of sickness and diarrhoea, any significant illness such as an ear infection, chicken pox or a bad cold, all symptoms must have cleared for at least 48 hours before returning to the pool.

Goggles help the children to see clearly underwater and can only enhance their experience in the pool. A well fitted pair of good quality goggles will be essential in the lesson programme.

Lessons lost through illness can be rearranged when we have been notified in advance.

Your direct debit payment covers you and your child for free entry to the pool so try and get some fun play time in the water, it all helps.

Adults only Lane Swimming

	Morning	Lunch	Evening	Late swim
Monday	7.30-10	12-1.30	7-8	9-10
Tuesday	7.30-9	12-1	7-8	9-10
Wednesday	7.30-10	12-1.30	6-7	8-10
Thursday	7.30-10	12-1.30	6-7	8-10
Friday	7.30-10	12-1.30		8-10
Saturday		12.30-2.30		
Sunday	9-10	12-1.30	6.30-8.30	

Aquasize

Tuesday 8-9, Thursday 7-8

Family Swimming

Every Sunday 10-12

£4 a session – Season tickets from £16 a month

Public Swimming & small Pool times are available
Pick up current Timetable from Reception or from www.shirleyswimmingpool.co.uk

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Children's Parties

Saturday & Sunday afternoons

- From £93 per hour
- Includes 20m inflatable
- Two lifeguards at poolside
- Hall available for food
- 25m pool - exclusive use

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