



SAFFRON SEALS



SAFFRON WALDEN AMATEUR SWIMMING CLUB

Newsletter December 2009

A Message from Neil

Well ... we have come to the end of a testing year but hopefully we can look forward to 2010. Here is some important information for the end of this year and the beginning of next.

Return to Swimming in 2010

Just to let you know all sessions (Spring Term) will be back to normal from 5th January 2010 at LBF&LC and 11th January 2010 at Friends' School.

Please return to your original training session

If you are unsure which session that is, or you are not able to make your session anymore and would like to change, please contact Janet Rogers on 01799 513634 or email her on janet.rogers@tiscali.co.uk

We are pleased to inform the club that the Monday session at the Friends' School will continue and be coached by Janet and Joanne. Children who already attend one of these sessions may carry on instead of, or as well as, their original session. Please let Janet know either way ASAP.

Remember, training twice a week is the best way to build up stamina and fitness. If anyone would be interested in training more than they do now again please call Janet. You could even train three times a week now. There are opportunities on Monday, Tuesday, Wednesday and Friday.

Refunds

Our Treasurer, Annie Eady, will be sending out refund notices within the next few weeks indicating when Standing Orders need to be re-started. If you have any queries once you receive your notice please follow the instructions on the letter.

Christmas Party – Friday, 18th December 2009

From 19.00 to 21.00 at Lord Butler Fitness & Leisure Centre. The plan is to hopefully have use of the "Gator Run" and then some party food to celebrate the return of the pool and the festive season.

Please bring food and soft drinks with you, which will be laid out in the Reception/Cafe area after the swimming session. Siblings are invited but any child under 8 years old must be accompanied by an adult in the pool. Note - children with arm bands are prevented from using the Gator Run.

Gator Run will be available from 19.15 to 20.15 with food available from 20.30.

May I take this opportunity on behalf of the Saffron Seals to wish you and your families a wonderful Christmas and peaceful New Year.

*Thanks
Neil*



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Remember to tell us if you have moved or changed your contact details.

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