



CG SWIM SCHOOL

# AUTUMN NEWSLETTER



Hello there! Read on to find out about our updates, upcoming events, term dates and important information you need to know!



## UPCOMING CRASH COURSES



### OCTOBER HALF-TERM

Monday 28th - Thursday 31st  
October 2024

### FEBRUARY HALF-TERM

Monday 17th - Thursday 20th  
February 2025

These 4-day crash courses are highly recommended for swimmers at any level, for improving confidence and technique whilst having fun. With only 2 swimmers to a lesson, the course is £100 per person with a 10% sibling discount available.



*Looking for the perfect Christmas present? Look no further! Our Mer-World Experience is the solution! Save the date:  
Saturday 28th December 2024*



## Changes to our cancellation policy – effective from December 2024

Whilst we hope that our swimmers are happy with the services we provide, we understand that sometimes a break is necessary. If you need to stop your lessons with us for any reason, please let us know **by the 1st of the month**, to stop at the end of that month. Otherwise you will be charged for the rest of the month you contact us in, and the following month.

Thank you in advance!



- 2 hours of complete submersion in the mer-world
- Full mer-training provided
- Fun, games and merriment as a merman or mermaid
- Hire of tail and monofin included
- Makeover and photoshoot (if wanted) included
- Digital footage sent to you to keep



## Get To Know The Team

### Get to know Clair!



**How long have you been working for CG Swim School?**

*Three and a half years now and I love working for CG! Every day is different and I really enjoy seeing the progression of our swimmers.*

**What do you like to do in your spare time?**

*Spending time with family and friends, and socialising. Walking into Ely & a trip to the pub!*

**Favourite music?**

*I don't really have a favourite. I enjoy most types of music, but love a good hit from the 80s! Does that show my age?!*

**If you had one wish, what would it be?**

*For health and happiness for everyone.*



**Favourite concert?**

*We went to see Coldplay last year, which was amazing! We were also very lucky to be able to go to the closing ceremony of the London Olympics, so saw so many famous acts. Certainly something I will never forget.*

**Favourite tippie?**

*Gin & Tonic and then onto the wine!*



**What's on your bucket list?**

*As a child, I always wanted to hold a koala and to see the Northern Lights. I've been very lucky to have held a koala. We also saw a very light Northern Lights display in Iceland, but I'd love to be able to see them at their strongest, maybe Norway next!*



**Favourite season and why?**

*I think it would have to be Spring. To start feeling the warmth and to be able to see everything starting to bloom again.*

**Favourite film?**

*Love Actually, I absolutely love the film and have watched it many times. I really enjoy all the different storylines and their connections.*



**Fact about yourself that maybe no one at CG Swim School knows about you?**

*Mmm... that's a hard one! Most people know I love to talk and will tell anyone and everyone anything about myself! I don't get embarrassed; I think they all know pretty much everything about me!*

**If you could choose a superpower, what would it be and why?**

*X-ray vision to be able to help diagnose any health issues.*

**As a child, what was your favourite game/toy?**

*That was a long time ago! Probably rounders, I still enjoy a game of it now and I definitely have a competitive streak in me!*

**What song would you sing at a karaoke?**

*You honestly wouldn't want to hear me sing!*

**What frustrates you?**

*People driving in the middle lane of a motorway when not overtaking! So frustrating!*



**Any fears?**

*Heights and spiders! I'm okay at heights, as long as I'm on a structure. The knees start to go on a ladder!*

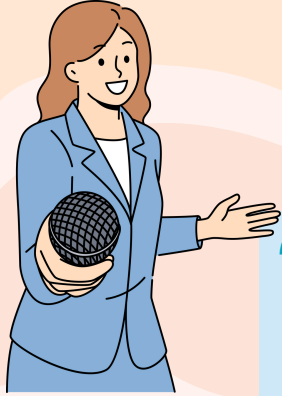
## AQUACAISE CLASSES

We are so pleased with the success of our newly launched Aquacise classes, running currently on:

Monday evenings - 7:45pm-8:30pm

Tuesday mornings - 9:15am-10am

Here's what people have to say about them!



"I have really enjoyed the Aquacise sessions - they're so much fun and I recommend them. Having osteoarthritis, it is so much easier on my joints."

"The Aquacise sessions are very welcoming, a great form of exercise whilst having fun at the same time."

"I'm loving Aquacise. It's really fun and everyone is really friendly. There's no pressure and you work at your own level without judgement."



## TERM DATES FOR ACADEMIC YEAR 2024-2025

### AUTUMN TERM 1

We break for half-term on  
Sunday 27th October

### AUTUMN TERM 2

Monday 4th November to  
Sunday 22nd December

### SPRING TERM 1

Monday 6th January to  
Sunday 16th February

**Happy Half-Term from the CG Swim School Team!**

A POLITE REMINDER TO KEEP SPEED LOW! EVERYONE ON SITE, THE SPEED LIMIT IS 5MPH. WITH BOTH CHILDREN AND ANIMALS PRESENT ON THE SWIM SCHOOL GROUNDS, WE PREFER LATENESS TO LESSONS OVER THE RISK OF ACCIDENTS HAPPENING.



## CONTACT US!

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