ABC Swim School
easy steps to learning

ABC NEWS

NOVEMBER 2026
ISSUE 71 7 pages

AUTUMN TERM '26

CLICK THIS PANEL TO GO TO DATES ON OUR WEBSITE

MONDAYS

ABC AQUATIC SQUAD
7.35pm - 8.35pm
ADULT LESSONS
8.00pm - 9.00pm

AUTUMN TERM 2
2nd Nov - 7th Dec *(6 weeks)*

TUESDAYS

ARTISTIC SWIMMING SQUAD
7.00pm - 8.30pm
ADULT LESSONS
8.30 - 9.30pm

AUTUMN TERM 2
3rd Nov - 8th Dec *(6 weeks)*

WEDNESDAYS

CHILDREN'S LESSONS
5.30 - 7.30pm

AUTUMN TERM 2
4th Nov - 9th Dec *(6 weeks)*

SATURDAYS

BABY AND TODDLER LESSONS
4.20pm - 5.20pm
CHILDREN'S LESSONS
1.15 - 5.30pm

AUTUMN TERM 2
7th Nov - 5th Dec *(5 weeks)*

SAVE THE DATE!
ANNUAL ABC GALA
SATURDAY 12th DEC

SUNDAYS

BABY AND TODDLER LESSONS
1.20pm -1.50pm
CHILDREN'S LESSONS
11.15am - 1.50pm

AUTUMN TERM 2
8th Nov - 13th Dec *(6 weeks)*

Follow us on social media!

Learning Through Fun!

At ABC swim School we believe children learn best when they are having fun!

This week our swimmers have been enjoying a variety of firework and Halloween themed activities to develop their swimming skills through replay

Our firework game has helped practice streamlining, floating shapes and treading water, while blowing up pumpkins has encouraged further treading water skills and hand eye coordination.

Our Halloween Duck activities have also provided opportunities to practice a wide range of swimming skills, build confidence and develop water and awareness...

all whilst having lots of spooky fun in the pool!



Welcome to our Autumn Term Newsletter

As the weather starts to change. It's time to get those coats and umbrellas out of the cupboard. It has been a lovely half term at ABC Swim School with lots of new swimmers joining us and many existing swimmers moving into new groups. It's wonderful to see how all their practice over the summer holiday has paid off! Our staff have also been busy undertaking training and receiving guidance to ensure we continue to deliver effective engaging and enjoyable swimming lessons.

In this newsletter we have included a short article about the importance of engaging our swimmers and how themed weeks can help bring learning to life. These fun, creative lessons can also build confidence, boost motivation and encouraged him as to progress through their stages.

Next term brings all the excitement of Christmas, along with our **Annual ABC Swimming Gala on Saturday 12th December!** The deadline for booking is Saturday 7th November. Emails and invitations have been sent out, but please free feel free to email us if you are interested in taking part and would like further information.

Our Annual Gala is also an opportunity to raise awareness and support important charitable causes. This year, we will once again be holding our raffle, alongside a dedicated fundraising page for anyone who would like to donate or find out more. Please see our charity article for further details and information on how you can get involved.

Thank you for being part of ABC swim swim school family we look forward to another exciting term of great swimming, learning and festive fun!

Alison



OFFICE HOURS
Tuesdays and Thursdays
9.15 am – 1.15pm
Autumn Term 2 starts Monday 2nd November '26



Caroline



Fay

Download our App to track your details, get alerts and monitor swimmer progress
For questions: info@abcswimschool.co.uk
For accounts: accounts@abcswimschool.co.uk

We have an ABC office and poolside manager's phone, just put the number into your phone so you can text or ask for a call back.
07932 434116

Swim England
Swim School Member 2024-2025

ABC Swim School London @ABC Swim School London

ABC Concert Gala 2026
coming soon...

Saturday 12th December 3.00pm – 4.15pm
at Eric Liddell Sports Centre,
Mottingham Lane, SE9 4QF

The Gala will open with a performance from our ABC Artistic Swimming Team, with their fun **"ABC Concert"** Routine with a Christmas twist!

There will be individual races which builds self-confidence. For some swimmers, this may be their very first time swimming a full length in a different pool - and doing so in front of an audience. That alone is a remarkable achievement and a moment to be truly proud of.

Every competitor will be recognised and celebrated. First place swimmers are awarded a gold medal and a Gold ABC Hat, second place received a Silver Medal, third place a Bronze Medal, and those finishing in fourth, fifth, and sixth honoured with a participation medal. Each award reflects effort, courage, and commitment. Stepping onto the rostrum to receive a medal is more than a moment—it's a memory that ignites belief, inspires ambition, and encourages swimmers to dream bigger for the future.

Team Races...
The team races are a true highlight of the gala, showcasing the wide range of skills across all aquatic disciplines. This year we will have Christmas themed team races. Each team is awarded points for the place they come in the team race. The winning team will each receive a Gold Medal.

More Than Just Results
The Gala is about so much more than points and places. It is about:

- ***Building confidence***
- ***Turning nerves into excitement***
- ***Learning teamwork and resilience***
- ***Creating magical memories that will last a lifetime***

Every swimmer who takes part should be incredibly proud. The courage to compete, the effort given, and the support shown all contribute to a powerful sense of achievement!



Last year...















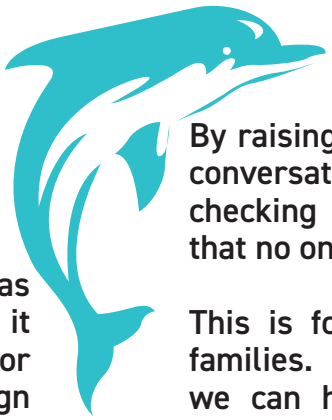
The deadline to sign up is Saturday 7th November!







ABC Swim School will be raising awareness of Breast Cancer throughout Autumn Term 2 and at our annual ABC Swimming Gala on Saturday 12th December 2026.



Many of us will know someone who has been affected by breast cancer, whether it is a family member, a friend, a colleague or someone close to our hearts. This campaign is for all of you, and for the families who share the journey alongside their loved ones.

By raising awareness, we hope to encourage conversations, highlight the importance of checking for changes and remind everyone that no one should feel alone.

This is for you, your loved ones and your families. Together, as an ABC Community, we can help spread awareness and show our support for everyone affected by breast cancer.

Around 59,000 women and 420 men a year in the UK, are diagnosed with breast cancer. Yet at least 30% of breast cancer cases are preventable.

At Breast Cancer UK we are working to prevent breast cancer through education, scientific research, collaboration and policy change.

Breast Cancer UK provides practical advice and tips on how we can reduce our risk. We campaign for changes to national health policies to support prevention and fund vital research to help improve our understanding of how to stop the disease.

breast cancer uk.

If you would like to donate to our ABC Swim School fundraiser for Breast Cancer click HERE or scan the QR Code

Thank you!

ABC Swim School

easy steps to learning

Why choose ABC Swim School?

Experience leading programmes for all ages and skill levels.
Build confidence and master a lifelong skill that can save lives.
Unlock your full potential today!

Baby & Toddler Lessons



A fun activity with your child that builds a bond and a life skill. A fabulous way to introduce your child to swimming, and enable family swimming.

Saturday	4.20-4.50pm	30 min lesson
	4.50-5.20pm	30 min lesson
Sunday	1.20 - 1.50pm	30 min lesson

Children's Swimming Lessons

- We follow Stages 1-7 of the Swim England Learn to Swim Pathway
- Each swimmer is assessed to ensure they start at the right level
- We deliver the course using purposeful game-based activities
- All instructors teach in the pool for the early Stage Lessonsl
- After each Stage, we celebrate achievement with a personalised certificate and badge
- We have 2-3 teachers per class using SwimPix for the early Stage lessons to ensure maximum learning takes place

Wednesday	5.30 - 6.30pm	30 min lessons
Saturday	1.15 - 4.15pm	30 min lessons
Sunday	11.15 - 1.20pm	30 min lessons



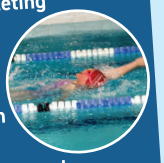


We pride ourselves on meeting the needs of the children in our small classes

Lessons are fun and progressive providing many opportunities as skills develop

Lane Lessons

- Start with a 30min lesson to build technique
- Progress to skills like starts and turns
- Suitable from Stage 6-7, completing the Learn to Swim programme
- Progress to Stages 8, 9, 10 in competitive swimming
- Join in the ABC Gala and swim a mile in an hour lesson
- Move on to an ABC Club or dedicated swimming club for further development



Wednesday	6.30-7.30pm	1hr lesson
	5.30 - 7.30pm	30min lessons
Saturday	4.30-5.30pm	1hr lesson
Sunday	1.20-1.50pm	30min lesson

1-1 Child Lessons

We pride ourselves on meeting the needs of your child in our 1-1 classes

We use SwimPix - a great tool for communication



- Extra attention and confidence building
- Lessons tailored to your child's needs
- In-pool instructors, providing extra support
- Patient and safe learning environment

Saturday	1.15-5.15pm	30 min lessons
Sunday	11.15-1.50pm	30 min lessons

Adult Lessons

- Tailored to individual needs
- For beginners, those with negative experiences, or with new goals
- Focus areas: learning to swim leading to treading water, breathing techniques, confidently jumping in
- Supportive environment with small groups designed to be enjoyable and effective
- Led by experienced instructors to help you learn new skills or improve existing ones



Monday	8-9pm	1hr lesson
Tuesday	8.30-9.30pm	1hr lesson
	8.30-9.00pm	30min lesson
	9.00-9.30pm	30min lesson

How to Register:

1. Go to www.abcswimschool.co.uk

2. Select the **SWIMMING LESSONS** tab, then choose your preferred lessons from the drop down menu.

3. Check the details on your chosen lessons and click the large red **REGISTRATION** button.

4. Select **WAITING LIST** and fill out the form with all required information.

5. ABC Admin Staff will contact you with available options to ensure you're booked into the right lesson. Done!

We look forward to hearing from you!

As well as our Learn to Swim pathway, we have other clubs and activities which provide great ways for your children to be involved in swimming and aquatics - leading to teaching!

Rookie Lifeguard

Lessons in valuable survival, rescue, first aid and sports skills delivered in an exciting way to get children involved and motivated



- Provides water rescue skills for aspiring lifesavers
- Builds water confidence, responsibility and teamwork
- Offers practical experience and certification opportunities
- Pathways to a professional lifeguard career

Sunday 1.20 -1.50pm 30 min lesson

PARTICIPATION CLUBS

ABC Aquatic Squad



- For swimmers to improve fitness, endurance, skills and water polo/lifesaving
- Offers friendly competitions and participation in the annual gala
- Focus on skill development and suitable for Duke of Edinburgh's Award
- Provides a fun, engaging alternative to traditional swimming clubs
- Encourages ongoing involvement in the sport with exciting opportunities to teach

Mondays
ABC Squad 7.35-8.35pm 1hr lesson

ABC Artistic Swimming Team



ABC ARTISTIC SWIMMING

- Swim to music!
- Learn essential techniques like sculling, eggbeater travel, going upside down
- Opportunities to perform in the ABC gala and compete in races
- Flexible commitment, avoiding traditional club demands

Tuesday 7.00-8.30pm 1½ hour lesson

How to Register:

1. Go to www.abcswimschool.co.uk
2. Select the SWIMMING LESSONS tab, then choose your preferred lessons from the drop down menu.
3. Check the details on your chosen lessons and click the large red REGISTRATION button.
4. Select WAITING LIST and fill out the form with all required information.
5. ABC Admin Staff will contact you with available options to ensure you're booked into the right lesson. Done!

We look forward to hearing from you!

Why not join our team?

ABC Training is developing, and we are welcoming new staff into our team which is a supportive work environment.

If you are interested in becoming a swimming teacher or lifeguard, feel free to get in contact for a chat.

You would need to be 16 years plus to take these qualifications.

Our lifeguards attend monthly training to practice their skills and keep their knowledge up to date. ABC also run NPLQ training hours.

ABC Swim School
easy steps to learning

Email Alison
training@abcswimschool.co.uk

OPPORTUNITIES AT ABC!

ABC Swim School
easy steps to learning

ESTABLISHED 1985

We are a nurturing team and support young people moving into the work environment.



Alison Bell
Founder and Owner

ABC Swim School,
Shooters Hill Sixth Form College
Red Lion Lane
Shooters Hill
London SE18 4LD

www.abcswimschool.co.uk



Anyone interested can contact Alison Bell with a CV to: training@abcswimschool.co.uk before attending any courses.

SWIM ENGLAND LEARN TO SWIM HELPER FOR 14 - 16 YEAR OLDS

ABC Staff are experienced and lead by Alison Bell in supporting your development as an In-Pool Helper, to allow you to gain experience and prepare you for your Level 2 if desired.



ABC SWIM SCHOOL PROVIDE:

- Induction training to ABC Swim School
- Further development training
- Carry out a DBS check for age 16+ *(lasts 3 years)*
- Payment for sessions £8 - £10 depending on experience and age
- A Child Employment Permit from Local Authority

WHAT YOU NEED TO DO:

- Complete your Swim England Learn to Swim Helper £33
  Click here to find a course
- Complete a Safeguarding Course when 16 *(lasts 3 years)*
  Click here for safeguarding courses

THE HOURS AVAILABLE ARE:

Wednesday 5.15pm – 6.45pm Saturday 1pm – 4.15pm Sunday 11am –1.15pm

SWIM ENGLAND LEVEL 2 SWIMMING TEACHER

ABC Staff are experienced and lead by Alison Bell giving support to your development as a Level 2 Swimming Teacher gaining experience after your course.



ABC SWIM SCHOOL PROVIDE:

- Induction training to ABC Swim School
- Carry out a DBS check for age 16+ *(lasts 3 years)*
- Further development training
- Payment for sessions £20 - £27 an hour to start depending on experience and age to include planning, delivery and assessing, recording assessments on home portal for parents after each session.

WHAT YOU NEED TO DO:

- Complete your Swim England Level 2 Swimming Teacher from age 16
- Complete a Safeguarding Course *(lasts 3 years)*
- Have IOS Insurance *(yearly)*
- Have a NRASTC *(lasts 2 years)*

THE HOURS AVAILABLE ARE:

Wednesday 5.15pm – 6.45pm Saturday 1pm – 4.15pm Sunday 11am – 2pm

NATIONAL POOL LIFEGUARD QUALIFICATION

ABC Staff are experienced and lead by Alison Bell giving support to your development as a Lifeguard.



ABC SWIM SCHOOL PROVIDE:

- Induction training to ABC Swim School
- Carry out a DBS check *(lasts 3 years)*
- Training hours bi-monthly
- Payment for sessions £12 an hour *depending on experience*

WHAT YOU NEED TO DO:

- Complete your NPLQ
- Complete a Safeguarding Course *(lasts 3 years)*

THE HOURS AVAILABLE ARE:

Wednesday 5.15pm – 6.45pm Saturday 1pm – 4.15pm Sunday 11am – 2pm

ABC SHOP!



ALL TOWELS £18

ABC TOWELS
Display your badges or just dry off in style with our bright range of embroidered ABC terry cotton towels!
(50cm x 90cm)



NOSE CLIPS £6

GOGGLES
CHILDREN'S £12
ADULTS £20





BAGS £4

ABC BAGS
Carry all your swim kit in a bright, handy ABC drawstring kit bag Choice of 4 colours!



HATS £5

Latex and material hats available

Payment can be made by bank transfer only when ordering

See a member of staff at poolside to order