



# SETTLE AREA SWIMMING POOL Members' Newsletter

A charity run pool for the community

. . . . . So the pool isn't run by the council?

## Did you know?

You can hire the Pool for your very own party! Prices start at £85 (including lifeguard cover) and you can even hire the inflatable for £125. We have regular availability at weekends, but can sometimes arrange other times too - contact the Pool!



## Congratulations!!

Special Congratulations to Emily Goulding, who joined our programme as a very nervous, non-swimmer. She was unable to get her feet off the bottom let alone pop her face in the water. With encouragement from our teachers and a little bit of extra help with our 1 to 1 swimming lessons she is now jumping in and swimming all the way from the deep end. Well done Emily!! It's good to see your smiles.



No, Settle Area is a Community Pool and only "keeps afloat" because of the generous donations of local business sponsors and individual donations. The Pool wouldn't be here without them. When you visit the pool you can see the current sponsorship boards of some of our business partners at the side of the pool - they include:

Buon Vino Natural Wines, Haworth's Chartered Accountants, Martin Peacock Architectural Services, Peter Allen Floor Coverings, Ye Olde Naked Man, The Fisherman Fish and Chip Shop, Blaithwaite Developments, Bibby's of Ingleton, The Falcon Manor, Craven Pothole Club, Dacre, Son and Hartley Estate Agents, Goad and Butcher Solicitors, and Tarmac. Thank you!



In the first 6 months of this financial year we have received other generous support from 10 local businesses, some donating £1000. Special thanks go to the Co-op for raising funds to support the Silver Swimmers, and to the Harold Bridges Trust and Craven Trust for funding the new Pool cover. We have had much appreciated donations from the Rotary Club and Settle and Hellifield Town Councils.

In addition 14 individuals and small groups have given donations contributing anything from £10 to £1020. Thanks also to the hundreds of people who have put loose change (and sometimes more) into collection boxes around town - every little helps.

We'd like to thank you all for your generosity and creative range of fundraising ideas. Special thanks go to Sienna, 3 and Georgia, 4 Bousfield who participate in our Learn to Swim Programme and decided to give something back by walking up Mount Snowdon in their summer school holidays (with mum and dad). They achieved it and raised over £1,020! Congratulations! We are extremely grateful for this fundraising and touched that they decided to raise funds for the pool.



If you'd like to discuss fundraising with us, we'd be very grateful. Please ask at reception.



## Come and have a browse in our fundraising shop

The swimming pool fundraising shop (in Duke Street, next to the Golden Lion) goes from strength to strength. We expect to make an overall profit of £40,000 in the financial year 2018/19. The money will be used to support the running of the pool and to help pay for improvements. We thank you for the amazing quality and volume of donations of goods brought in to the shop to sell. We have clothing, books, DVDs, vinyl records, craft items, bric a brac, kitchenware, household linens, curtains, toys and much much more. You will be surprised by what you can find. Keep them coming!

Help is needed to sort and price



donated goods on Saturday mornings, if you are interested and could spare 3 hours regularly from 10am to 1pm please contact Anne Galloway on 01729 850480. Check out and like our Facebook page to receive news of current offers.

The shop is open from Tuesday to Saturday 10 - 4.



## Poolside News: Fancy a different workout?

### Try Aqua Aerobics and Hydrolates!

These sessions are great fun. Open to all abilities, these are creative alternatives to lane swimming. Both are popular sessions guided by a fully qualified instructor, guiding you through movements for all abilities often using a range of floats. You go at your own pace! You don't even have to be a confident swimmer - you can stay in the shallow water and by the rail if you need to.

**Hydrolates** is a low impact exercise workout based upon the same principles as Pilates, but has been developed specifically for the aquatic environment to stretch and strengthen. Don't be fooled into thinking it's really easy - it'll tone the fittest bodies if it's done properly.

The workout is great for developing balance, coordination and core strength. It's designed for everyone, but can also help anyone with movement or joint problems and those recovering from injury. There is a very low risk of injury.

**Aqua Aerobics** is an energetic workout to music. It will push the very fit and active, but will also benefit those new to exercise, anyone trying to lose weight, or anyone recovering from injury.

The health benefits of aqua aerobics include improved circulation, enhanced lung function, stronger heart whilst burning calories to aid weight reduction. Regular exercise is crucial to maintain weight loss and is proven to improve mood.

### When?

Both Hydrolates and Aqua Aerobics sessions last 45 minutes.

Hydrolates -  
Tuesday 11am &  
Thursday 12.45pm. Aqua Aerobics -  
Tuesday 7pm,  
Wednesday 7.15am & Friday 1pm. Come and join the fun!



### Something special - Stage 7 swimmers

Congratulations to the swimmers working to the last stage - Stage 7 of our Learn to Swim programme. This takes a huge commitment and regular attendance. We look forward to celebrating with you. These swimmers will now have the choice to specialise in the aquatic disciplines of Competitive Swimming and the Royal Lifesaving Society Rookie Lifeguard Programme.



## Friends of Settle Swimming Pool

So far this year the Friends of Settle Swimming Pool have raised £11,000 from the card and wastepaper collection that we run from the containers in the pool carpark.

Previously we have received North Yorkshire County Council's recycling credits, which last year to this point amounted to additional £6,000. However the council have cut these, (county wide). Bearing this in mind we have raised a substantial income and along with the 200 club, also run by the Friends, means that the pool has a source of funding for unexpected items that arise from the annual maintenance. We are also committed to help to fund the long term development of the Pool.

In addition, the Friends' schemes help those outside the immediate community show their support for the pool. The 200 club for instance has members who are former residents of Settle but have now moved away. Many of the firms that bring card to



the containers come from outside Settle.

But to continue our work we need more volunteers, especially paper stackers.

If you are able to help or just want to know more please contact Ian and Margaret Gray on [ianandmargaretgray@hotmail.com](mailto:ianandmargaretgray@hotmail.com).

## News from our Pool users

### Settle Stingrays Swimming Club, Thursday evenings

Six swimmers from Stingrays swam at the Winter Yorkshire Competition 15/16th September at the John Charles Centre in Leeds. Between them they swam in 30 events with one of them making the finals. One senior club member will be competing at the Yorkshires on 20/21 October at Ponds Forge, Sheffield in 4 events. We're very proud of our swimmers' achievements; we are by far the smallest Club in Yorkshire and will 7/28 swimmers qualifying for Yorkshires, it is nothing short of amazing. We will be competing again the first weekend in December. More details at the Pool.

### Settle Area Disabled Swimmers, Saturdays 9.15 - 10.15

Some of the Disabled Swimming Group trained hard in the pool prior to the summer in order to be fit to tackle some of the Epic Open Water swims that are put on in the Lakes each year.

A few of us started off with a 500m swim in Ullswater which was very enjoyable and not too cold and then at the Derwent Water swim (which had to be re-located as the water had dropped too low at the original site). Nicky Rhodes successfully completed the 1 mile swim which was a great achievement. Wet suits almost weren't required as the lake had warmed up to an unheard of 23 degrees! Here is Nicky being wheeled out of the water at Derwent - triumphant.



## Contacts: Charity number: 1171790

The Settle Area Swimming Pool is committed to providing an environment in which all children and young people participating in its activities have a safe and positive experience.



Website [www.settleswimmingpool.co.uk](http://www.settleswimmingpool.co.uk) has all the up to date information including timetables, special classes, prices

Phone: 01729 823626. Email: [info@settleswimmingpool.co.uk](mailto:info@settleswimmingpool.co.uk)

Facebook: [facebook.com/SettlePool](https://www.facebook.com/SettlePool) Twitter: [twitter.com/SettlePool](https://twitter.com/SettlePool)

Friends of Settle Swimming Pool: Paper Recycling and 200 Club: Alan Smith 07891 367226

Settle Swimming Pool Charity Shop: Duke Street: Rosie Sanderson 01729 825944

Address: Kendal Road, Giggleswick, BD24 0BU