



PRUDHOE DOLPHINS  
NEWSLETTER

[www.prudhoedolphins.org.uk](http://www.prudhoedolphins.org.uk)

SEPTEMBER 2010

We hope to welcome you all back on Sunday 12<sup>th</sup> September. If you are not returning could you let us know by contacting one of the coaches below.

Derek Gillespie      01661 834033  
Jane Johnson         01661 835256  
Steve Bell             01661 833937

**Groups**

At the top of the sheet you will see which group you have been assigned, if you have not been moved we are always monitoring your progress and will move you up when you are ready.

On the first night you will also be assigned which lane you are in.

**Fees 2010-2011**

This year fees will be £50 per term or £110 for the full year.

**Viewing**

May we point out that parents or friends must watch from the Café area, this is a Waterworld condition and not Dolphins.

**Safety**

Signing in      All swimmers must make sure that they sign in on arrival.

Jewellery      NO jewellery to be worn, this includes earrings and watches.

Hats goggles and costumes WE would like to emphasise that all swimmers MUST wear hats, goggles and proper swimming wear, this excludes bikinis and loose shorts. We are a swimming club not a fashion show!

**Session times**

Group 1                5-45 to 6-20  
Group 2                6-20 to 7-00  
Group 3                7-00 to 7-40