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Spring Newsletter



Get out your best knitting needles and start making a new swimming costume—Spring is on it's way!

March 2008



March 2008

So, it's the warmest start to the year on record so far—the trees and plants have no idea whether to bloom or stay tucked away - and its been a bit like that with our customers. One day everyone will arrive in shorts and t-shirts, the next time they come, they will be wearing hats, scarves and furry boots. Its such a good thing that the heating in the gym and pool has been working at maximum efficiency so far this year with the temperature in the gym at a great level for getting sweaty and the water is warm enough to feel comfortable when we stop for a chat!

Having raised everyone's excitement levels that we would have our disabled access steps into the pool by January, (the supplier's list of disasters would make a great Jim Carey movie) we finally took then to our hearts at the end of February. There should be new equipment in the gym soon too—see page 5 for more information.

This is the time of the year when we have so many people injuring their backs and generally damaging themselves in the garden—so please be really careful—think "safe lifting" and pull in those abdomens when you are digging—and remember relaxing in the pool is a great way to ease those aches and pains.

Have a great Spring

Duncan Peaster & Louise Palmer



Quantock Walks A to Z

Is it an impossible task to walk in the Quantocks every Tuesday at 11.20 and ensure that each week, the walk takes you along a route which uses each letter in turn as its aim?

As the walks start at Quantock Lodge, the A is easy – Adscombe and Ashley Combe; B – Bincombe; C – Cockercombe; D - Dibble Firs; E - Ebsary Cottage but this was a bit too far away, so like the wise men, they travelled East and F – Friarn.

But what will happen as the weeks progress – how devious will Duncan Peaster have to be to guarantee that no letters are omitted?

So if you enjoy walking, meeting new people and can face a 3 mile hike on a Tuesday morning, why not join them to see if Duncan achieves the seemingly impossible.

Easter 2008

I did look up how to calculate when Easter will be in any given year, but it is so complicated, I thought I would rely on the Somerset County Council school holidays calendar. Just to confuse everyone and for the first time that I can remember, the Somerset County schools Easter holiday does not include the Easter weekend. So:



Bank Holidays for Easter are Friday 21st March—Monday 24th March. The pool will be closed over this weekend, the gym will be open as normal.

The Easter holidays are from 5th April—20th April and during this period, there will be no lessons. Stretch & Swim classes will continue and the pool will be open as normal, as will the gym and sports hall.



Cross/Elliptical trainer benefits

There are numerous benefits to using an cross trainer—also known as an elliptical trainer, but perhaps the most important aspect of using an elliptical trainer is the absence of impact. Studies have shown that it basically provides the same type of workout as jogging but without the wear and tear on your joints— so a totally impact free workout. The workout is so gentle that experts recommend them to people who have a hard time exercising because of damaged joints and arthritis. Not only that, they encourage your body to burn more calories than either the treadmill or the exercise bike. The actual workout feels like a brisk walk even though you are exerting as much effort as a good run.

Here are just some of the benefits you can expect to receive while regularly exercising on the cross/elliptical trainer:

- Lower body workout that tones and builds muscle and strengthen and build your quadriceps and gluteal muscles.
- If you are trying to lose weight, the elliptical trainer can burn more calories than the treadmill or the exercise bike.
- Safe to use. When you stop, the machine stops.
- Minimal stress on the joints as your feet never leave the pedals
- Using a trainer with dual action handle bars, you can get a true cross training workout that uses your whole body.
- There mat be various settings on an elliptical trainer: resistance, speed, and ramp. You can either program one setting at a time or you can combine. It all makes for an interesting ride.
- The amount of resistance on an elliptical trainer will determine how much effort it will take for you to keep your feet moving. The speed will be determined by your movement on the trainer.

If you have one at home and need some advice as to using it effectively, get in touch.



Gym Update

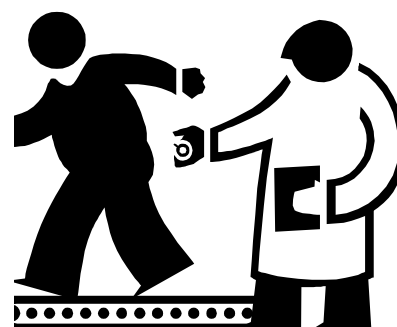


New Equipment

We are hoping that by the middle of March, we will have some new cardio-vascular equipment in the gym. The plan is to have a new cross/elliptical trainer, upright bike and a recumbent bike (for all those who hate cycling because it gives them a sore posterior!)

Reviews

If you have not had a review for a while and want to upgrade your workout for the coming months, then call or email and make an appointment.



Easter Holidays—Students coming home?



If your offspring or seasonal visitor wants to carry on with their gym routine over the Easter break, then either join for 4 weeks at £45.00 or pay £7.00 per visit. All visitors must have a check (for insurance purposes) before they can use any of the equipment .



History of Lifesaving

1708 China's Chinkiang Association for the Saving of Life was the earliest known organized lifesaving group.

1774 The Royal Humane Society founded to combat ignorance and superstition. Investigate and discredit inadequate methods of resuscitating the apparently drowned.

Previous methods, not all of which were discredited, (some of which occasionally worked) included:

- using bellows to put air into lungs,
- rolling the drowned person on their front over a cask,
- bleeding,
- rubbing with coarse salt,
- applying heat (sometimes in the form of hot coals),
- tobacco smoke (or sage, rosemary, mint) forced up intestines,
- tickling nostrils with a crow feather,

and suspension by the heels.

The first lifesaving societies had to overcome the superstition that it is unlucky to rescue and revive a drowned person.

1891 Two members of the Amateur Swimming Association of Great

Britain formed the Swimmers Life-Saving Society, later to become the Royal Life Saving Society.

1897 The first rescue can, made of sheet metal and pointed at both ends with an over-the-shoulder harness, replaces life rings towed by lifeguards. It slides faster through the water but the type of construction causes injuries.

1903 English doctor E Sharpey Schafer invented a method of prone pressure artificial respiration.

1914 Former journalist Wilbert E Longfellow helped start Red Cross water safety instruction and the Red Cross Life Saving Corps to combat the rising number of drownings. His main objective was to organize local volunteers into lifesaving corps.

His slogan: "Everyone a swimmer, every swimmer a lifesaver."

The lifesaving service required that a candidate be able to swim 50 feet.

1916 requirements for lifesavers: "must be able to tow a person of their own weight ten yards by each of the following methods: (a) head carry, using two arms and swimming on back; (b) under-arm



carry, using two hands and swimming on back; (c) cross-chest carry, using one arm and side stroke; (d) using breaststroke, hands of rescued on shoulders.

They must be able to show in the water three methods of releasing themselves from people in peril of drowning when grasped by: (a) wrist hold), (b) front neck hold, (c) back hold." They are required to demonstrate both the Schafer and Silvester methods of performing artificial respiration, although the Schafer method is the one preferred. (No mouth to mouth contact in rescue breathing). In one style, people were put on their stomachs and their arms were raised overhead or their shoulders pulled up to get air into the lungs.

1935 Danish Colonel Holger Neilson's method of artificial respiration was easier to learn and perform and got better air exchange.

1960 The Royal Lifesaving Society is the first to teach mouth-to-mouth, direct contact resuscitation instead of methods which use back pressure or arm lifts.

1989-2001 Baywatch soap opera

1990 The Lancet reports that in 1990 worldwide death by drowning (504,000) was more common than death through war (502,000).

National Pool Lifeguard Qualification

Quantock Lodge
14—18th April 2008

For more information contact
Jo Borthwick on
joborthwick@talktalk.net
07795694500

Spring Term II
25th February - 4th April

Summer Term I
21st April—23rd May



Swimming Times 2008

Adult Swimming

Monday	7.00—8.30pm
Tuesday	9.30—11.00am
Thursday	9.30—11.00am 7.15—8.30pm

Family Swimming

Sunday	10.30am — 12.30pm
Wednesday	6.30—7.30pm

Stretch & Swim Class

Tuesday	9.00—9.30am
Thursday	9.00—9.30am

Adult Lessons

Advanced

<i>Wednesday</i>	7.30—8.15pm
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Intermediate

<i>Thursday</i>	11.00—11.45am & 6.30—7.15pm
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Beginners

Thursday	11.45am—12.30pm
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Swimming Lessons

After School Lessons

Monday 4.00—7.00pm

Tuesday 4.00—7.45pm

Wednesday 4.00—6.30pm

Thursday 4.00—6.30pm

Pre- School Lessons

Tuesday 11.30am —1.30pm

Wednesday 2.30—4.00pm

Tugs Class

Tuesday 11.00—11.30 am

Thursday 12.30—1.00 pm

Adult & Child Class

Tuesday 11.30am-12.00 pm

Thursday 1.00pm —1.30 pm



5—a-side Football

We have regular groups training at Quantock each week at this time of the year, so if you have a group that is looking for a venue or fancy investigating joining an existing group, contact Duncan Peaster on the number below.

Olympic Hopefuls



Did you know that there are Olympic hopefuls training at Quantock on a regular basis?

The South West synchronised swimming squad use the facilities here to train almost every month.



Badminton

Tuesday evenings

6.00—9.00pm

£8.00 per Court

Booking essential



Summer Holiday Courses

When?

**Monday 18th August
to Friday 22nd August
3.00pm—6.30pm**

Pre-School Classes

For children who will be starting Primary School in September 2008

Learn To Swim Classes

School age children from completely terrified to those able to swim without style up to 20m

Intermediate Classes

Stroke improvement for all four major strokes. Including diving.

Rookies/Bronze Medallion Classes

Learn to save lives with the Royal Life Saving Society's new awards

Register Your Interest

with Reception at the Pool from 1st March. Application forms will be available in May



Practice Time With Parents

Parents have always marveled at how quickly their helpless baby grows into a thinking and talking person. It's a joy to be able to converse with our children and to hear them express their own thoughts. However, we quite often assume that because our children's language has developed so much, their understanding is equal to ours. We can't assume that our children always know what is required of them. Children can definitely be naughty; however, they can also 'misbehave' when they don't understand what to do. In the pool, this can lead to parents feeling that they are unable to teach their children because they "won't listen to me"



There are some simple guidelines for giving instructions that can minimise any potential difficulties. Asking a question "How about floating on your back?" or "Would you like to practice big arms?" implies you are giving a choice. If they don't have a choice, make this clear, otherwise be prepared for "No thank you Mummy/Daddy, I'd rather not".

So first of all, use their name and give a clear and simple direction. Outline the task in small steps, and say these in the order you want the child to do them. Perhaps demonstrate the first few times. For example, if they are practising climbing out, say "Jack, elbow, elbow, knee, knee and PUSH", place their arms in the correct position on the side and then say "Ready? Go!". When your child successfully completes the task, praise them. Praise should be specific rather than vague. Say "Good girl for listening to Mummy" or "Good climbing" rather than "Great!" or "Good boy". Your child needs to know why you are pleased with them. It's also important to give your child lots of eye



contact, smiles, cuddling and touching when they complete the task. If your child isn't concentrating on the task, use their name (this lets them know you mean them), tell them what you want them to stop doing, and then tell them what you want them to do: "James stop splashing. Alice, I want you to watch what Lisa is doing". Hopefully, James will stop the undesirable behaviour and do what you want him to do. If he does, notice and tell him "Good boy James, you did what I asked". If he doesn't, the chances are your instructions are fine and he's being naughty! So the guidelines for encouraging your child to behave in the pool are:

- Realistic expectations
- Clear and simple instructions
- Specific praise and lots of attention for completing a task or trying to give it a go



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Call Amanda 01278 652446

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Staff News

We have a new member on the team. Emma Lane who has family contacts in both Nether Stowey and Over Stowey has joined us initially as a swimming teacher and will be taking her NPLQ qualification again in March. Emma has been a fully qualified swimming teacher for a number of years and is married with a young son.



BEIJING — A father tied his 10-year-old daughter's hands and feet and watched her swim in a chilly southern China river for three hours in a task he said would help the girl achieve her dream of swimming across the English Channel. Huang Li swam more than a mile in the Xiang River, travelling with the current, her father said. The girl swam by moving like a dolphin and would sometimes paddle with her bound hands. "Her swimming skills are perfect and she insisted on doing this," Huang Daosheng said in a telephone interview.

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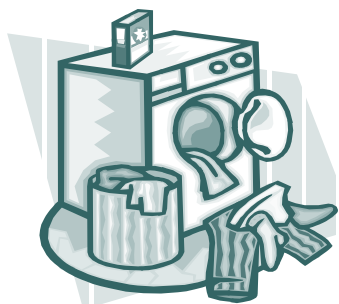
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QUANTOCK LODGE POOL USUAL OPENING HOURS

	<i>START</i>	<i>END</i>	<i>SESSION</i>
SUNDAY	10.30am	12.30pm	FAMILY SWIM
MONDAY	4.00pm	7.00pm	AFTER SCHOOL LESSONS
	7.00pm	8.30pm	ADULT SWIM
TUESDAY	9.00am	9.30am	STRETCH & SWIM CLASS
	9.30am	11.00am	ADULT SWIM
	11.00am	11.30am	TUGS
	11.30am	12.00pm	ADULT AND CHILD CLASS
	11.30am	1.30pm	PRE SCHOOL LESSONS
	4.00pm	7.45pm	AFTER SCHOOL LESSONS
WED'DAY	2.30pm	4.00pm	PRE SCHOOL LESSONS
	4.00pm	6.30pm	AFTER SCHOOL LESSONS
	6.30pm	7.30pm	FAMILY SWIM
	7.30pm	8.15pm	ADULT SWIMMING LESSONS
THURSDAY	9.00am	9.30am	STRETCH & SWIM CLASS
	9.30am	11.00am	ADULT SWIM
	11.00am	12.30pm	ADULT SWIMMING LESSONS
	12.30pm	1.00pm	TUGS
	1.00pm	1.30pm	ADULT AND CHILD CLASS
	4.00pm	6.30pm	AFTER SCHOOL LESSONS
	6.30pm	7.15pm	ADULT SWIMMING LESSONS
	7.15pm	8.30pm	ADULT SWIM

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