

Date for Release	From	Contact Tel	Email
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**Title: Teachers update their skills**

**Body:**

On Sunday 11<sup>th</sup> March, **80 Swimming Teachers** from across the South West visited Thornbury Leisure Centre for a Seminar on Breaststroke and Butterfly technique teaching skills, tutored by Nigel Aldridge, the Amateur Swimming Association's (ASA) Lead Tutor.

24 of these swimming teachers were from South Gloucestershire Leisure's centres in Bradley Stoke, Kingswood and Thornbury.

The day involved time in a classroom learning about the theory as well as getting in the swimming pool to practice the new ideas.

South Gloucestershire Leisure is committed to the continuous development of swimming teaching. Thornbury and Bradley Stoke leisure centres are fully accredited ASA instructor training venues. In the last few years Thornbury has also been the leading pool for the training of lifesaving skills in the Avon area.

**Ends**

**Notes for Editors:**

- **South Gloucestershire Leisure Ltd** - South Gloucestershire Leisure Ltd is a charitable trust established in November 2005. It operates the four leisure centres in South Gloucestershire on behalf of South Gloucestershire Council. The Trust is overseen by a board of voluntary trustees.
- **Amateur Swimming Association (ASA)** - The Amateur Swimming Association is the English national governing body for swimming, diving, water polo, open water and synchronised swimming. It organises competition throughout England, establishes the laws of the sport and operates comprehensive certification and education programmes for teachers, coaches and officials as well as its renowned Learn To Swim Awards scheme. The ASA supports 1,600 affiliated swimming clubs through a National/Regional/County structure. The ASA aims to ensure everybody has an opportunity to learn to swim
- **Press releases** - All press releases can be found online at: [www.sgleisure.org/press\\_releases](http://www.sgleisure.org/press_releases)

**South Gloucestershire Leisure**