



Akela Sandy (01489 581298)
wightcl@1stwarsashseascouts.org.uk
<http://www.1stwarsashseascouts.org.uk/>

1st Warsash Wight Pack Cub Scouts
16th January 2004

Dear Parents and Cubs.

What a great turn out last week, especially for a first week after holidays, it makes it all worthwhile.

Subs and Capitation

Just a quick reminder to all those that haven't paid, subs and capitation needs to be paid by next week at the latest; these are £22.00 which will take you right through to Easter. Cheques payable to "1st Warsash Cubs Wight Pack", thank you.

"Fitness Challenge" Award

Having not had any questions about this I take it that the information was all self explanatory and hopefully all your boys have got into the swing of this by now, I know mine has, keep up the good work.

Cub Fun Evening - Saturday 31st January - Fareham Leisure Centre

This is a great evening for the boys as they do swimming, roller skating and junior circuit training and really an excellent time.

This event will cost £2.50 (payable in advance), Wight Pack need to be in the foyer of the Leisure Centre by 19:15, wearing sports kit and their Pack Scarves. They need to bring swimming gear, a drink (roller skates if owned) in a clearly marked rucksack/sports bag. The boys will be available for collection at 21:50 approx.

In order to facilitate this evening I need to get numbers of attendees, so, please complete the notice in the hallway of the HQ or contact Baloo or myself to let us know whether your son will be attending.

Swimming "Staged Activity" Badge (Levels 2 & 4) - Saturday March 6th - Fareham Leisure Centre

Though this event mind seem so far away, we need to get numbers of attendees in order to confirm that the event will go ahead. The requirements for the two levels are detailed overleaf, please select the one you feel your son would be most likely to achieve and mark whether he will attending and which level will be attempted on the notice in the hallway of the HQ.

As always, if you have any questions arising from this newsletter or on anything to do with Scouting in general, please do not hesitate to contact Baloo or me.

Stage 2



- 1 **Safety**
Know the safety rules and where it is safe to swim locally.
- 2 **Enter Pool**
Demonstrate a controlled entry or dive from the side of the pool, into at least 1.5 metres of water.
- 3 **Short Swim**
Swim ten metres on their front, ten metres on their back, and ten metres on their back using only their legs.
- 4 **Tread Water**
Tread water for three minutes in a vertical position.
- 5 **Water Skills**
Surface dive into at least 1.5 metres of water and touch the bottom with both hands.

Mushroom float for ten seconds.

Enter the pool and push off from the side on their front, and glide for five metres.

From the side of the pool, push off on their back and glide for as far as possible.
- 6 **Distance Swim**
Swim 100 metres without stopping.

Stage 4



- 1 **Safety**
Know the safety rules and where it is safe to swim locally.

Explain the rules covering swimming for Scouts.
- 2 **Enter Pool**
Demonstrate a racing dive into at least 1.5 metres of water and a straddle jump into at least two metres of water.
- 3 **Short Swim**
Swim 100 metres in less than four minutes.
- 4 **Tread Water**
Tread water for five minutes.
- 5 **Water Skills**
Surface dive into 1.5 metres of water, both head first and feet first, and swim at least five metres under water on both occasions.

Enter the water as for unknown depth. Swim ten metres to a floating object and use it to take up and hold the Heat Escape Lessening Posture for five minutes.
- 6 **Distance Swim**
Swim 800 metres without stopping. They should swim 400m on their front and 400m on their back.