

Dolphins spotted in Dorking Swimming pool



Dorking Snorkelling Club has been part of the Surrey Club Community for nearly 30 years. It has been teaching young and old how to snorkel safely wherever they dive in the world. Thanks to a Grassroots Grants and Surrey Community Foundation grant of £720 the club can now offer additional water based courses. The first Skills Development Course (SDC) being offered is Fin Swimming; this teaches junior and adult members various fining techniques. On paper this sounds easy but at the end of the six week course members are challenged to swim two lengths (50m) of the pool with a mono-fin in 45 seconds. The second part of the challenge is to swim a length (25m) under water (apnoea) from a diving start in under 20 seconds.

The [Grassroots Grants and Surrey Community Foundation grant](#) has enabled the club to purchase 5 new mono-fins as well as water polo equipment that are essential for these Skills Development Courses. The mono-fins are single blades with pockets for both feet and encourage the snorkeller to swim with a dolphin kick. Mono-fins are used both in the pool for training and also in the sea to cover greater distances under water than is possible with the conventional pair of fins. With this new range of equipment club members can now enjoy a broader spectrum of water sports promoting fitness and confidence in the water. Other courses under development include: underwater photography and Octopush; these will run alongside the British Sub Aqua Club structured snorkelling syllabus, which includes lifesaving and boat handling.