



DATES TO REMEMBER

☐ **Safety Week**

**Fri 27 Mar to
Thur 2 April**

PJs in water

☐ **Term End
Thur 2 April**

☐ **Holiday Intensive Program: 1 week
13—17 April**

☐ **Term 2 Start
Mon 20 April**

☐ **Term 2 Fees
Due Sat 2 May**

If you are NOT returning for swimming in Term 2 then please let us know. We have an extensive waiting list.

Please be advised that if you do take your child out, we cannot guarantee you will get back in.

If you are continuing to swim then we shall see you on the same day and time as you are now enrolled.

If you wish to change your day and time then please speak with reception.

In the Swim...

VOLUME 6: ISSUE 1

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Swimming Lessons in Winter

At times recreational swimming and in turn swimming lessons can be seen as a seasonal activity, especially as the weather outside grows cooler and other activities compete for your child's time and your family's income. There are compelling reasons, however, to continue with swimming lessons year round and to make swimming a top priority for your child and your family's budget. Following are some important reasons for you to consider.

Many parents start swimming lessons out of a concern for their child's water safety. Although swimming lessons are never a substitute for parental supervision, they play a crucial part in building layers of protection for young children. The skills and behaviours that are taught in lessons need constant reinforcement throughout the year. The risks posed by drowning don't go away in the cooler parts of the year, so neither should the lessons – they are one of the most proactive things a parent can do for their child. In addition to safety issues, continuing lessons is important to build and reinforce existing skills. This is particularly true with children under 5 years whose long-term skill retention and muscle memory are just beginning to develop. A break in lessons that stretches over many months will often result in a loss of skills. Even when parents can't see substantial progress every week, the child is at least maintaining the current ability level, and that is progress in it-

self Don't let all the time and money spent on lessons go to waste, keep up their skills. In our society of increasingly sedentary lifestyles, it is important for children to be in-



involved in physical activities that establish a routine of fitness. Swimming offers one of the best activities for good health with minimal risk of sport related injury. In fact, swimming is a great activity that can last a lifetime. People of almost all ages and physical ability enjoy exercise, recreation and sport in the water. And, with infants there is the added benefit of enhancing and stimulating their general development. For parents involved in the water with their children, the close physical contact and quality time helps strengthen the natural bond like no other environment. Physical activities like swimming have been shown to improve many areas of a child's development including academic performance, language, maths, fine and gross motor skills, confidence and coordination. Getting a good start can make a big difference later on. In the United States, studies demonstrated the highest grade point aver-

ages of all scholar/athletes tended to be with members of the swimming and water polo teams.

Swimming lessons offer a unique combination of social and physical interactions with the teacher, their classmates and the aquatic environment. For some children, before starting school, these relationships can become their primary social bonds outside of the home and immediate family. It can be important to maintain these relationships with regular attendance.

Ultimately, the learning experience should be an enjoyable one. If children have a great time at the pool they will continue learning in their lessons because they are so much fun!

Most pools are maintained at constant temperatures throughout the year, so even when it is cooler outside, it can still be a comfortable, year-round, summer experience in the water. With a little extra attention, such as keeping children warm and drying them off well when they leave the pool, swimming will stay comfortable and beneficial all year.

Keep these ideas in mind as you continue with your lessons. Swimming is one of the best activities for children and it's a shame if it only happens in the summer. Whenever possible, enjoy your swimming all year through!

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What to look for in a Swim School



Working on the motor skills with toys and singing.

“Children in a good school will be confident and happy to participate.”

How many boxes do we tick?

1. **A reputation to be proud of.** A good swim school will be pleased for you to see their program before enrolling. They will also have lots of happy customers prepared to tell you about their experiences and children’s success.
2. **Friendliness and helpfulness.** As a provider of early childhood and educational services, the school will have a warm and welcoming atmosphere. Staff will strive to meet your family’s needs, answer your questions and address your concerns.
3. **Well maintained, clean pool and facilities.** Pool water will be clear and well sanitised. Good swim schools will test their water quality at regular intervals throughout the day and be happy to share the results.
4. **Comfortable water and air temperature.** Babies, young children and beginners need very warm water and warm air. The warm atmosphere may be uncomfortable for spectators, however this is only for a short time and they usually appreciate that learners need to be comfortable and relaxed.
5. **Well qualified staff.** All teachers should have a nationally recognised swimming teaching and/or coaching qualification, and a current resuscitation certificate. Qualifications should be appropriate to the level being taught. A good school will also have a core of experienced teachers with specialist qualifications, and will have consistency of philosophy and methods throughout the school.
6. **National certification.** A good swim school will strive to achieve high standards through certification with Swim Australia and ongoing development of their staff and their programs.
7. **A child-centred teaching philosophy.** Skills will be appropriate for the child’s age, development and ability. Children should never be placed under stress during a swim lesson. Nervous beginners will be reassured and gently introduced to new skills as they gain in confidence.
8. **Parental involvement.** Young children need the security of having a parent close by. Until around 2 or 3 years of age babies need a carer in the water providing physical and emotional support. Having a parent in view and showing positive interest is important to all young children, especially preschoolers and nervous beginners. A good school will welcome your positive involvement.
9. **A progressive approach.** Classes should be based on a sound progression of swimming and water safety skills. A good school will provide parents with written information explaining the schools philosophy, levels and skill progression.
10. **Water safety skills.** A good school will teach children appropriate safety and survival skills whilst acknowledging that no child is ever water safe. Children must not be placed in stressful situations in order to teach survival skills. Parents will be taught that constant supervision is the only way to ensure a child’s safety.
11. **Well grouped classes.** All children in a class should be at approximately the same level. This allows the teacher to better cater for individual needs. A good school will give consideration to children with special needs.
12. **Small class numbers for young children and beginners.** Water depth will affect the number of children that can be safely and effectively catered for in a group. ASCTA recommends maximum group numbers for each level. A good school will adhere to the guidelines and be pleased to make them available.
13. **Short lessons for learners.** Young children and beginners may become cold and tired if lessons are longer than 30 minutes. Advanced swimmers will benefit from longer sessions to build fitness and endurance.
14. **Maximum ‘time on task’** Children need to repeat skills many times to learn and remember them. A good school will provide repetition and ‘quality practice’ — they are the key to developing good swimming technique.
15. **Interesting and challenging activities.** Activities should be varied and fun. Children must be motivated and challenged to learn well. Games and activities will be carefully planned to develop and practice aquatic skills.

16. **A comprehensive and professional program.** Programs should be ongoing, providing a range of programs from beginners through to advanced swimmers.
17. **Opportunity to participate in competitive swimming.** A specialist swim school will be able to recommend a good coaching program and club. Many swim schools will provide higher level coaching programs and will encourage developing swimmers to pursue swimming competition.
18. **Safety at all times.** The good swim school will always use equipment wisely and ensure children are vigilantly supervised when under their care.
19. **A motivating system of rewards/awards.** Children in a good swim school will be confident and happy to participate. Most schools will have a system in place marking progression between levels, eg. certificates. Smiles and laughter will be the norm and praise will be given in large doses.

These guidelines were researched and developed by Julie Zancanaro, BAppScOT (Syd)

The research project was funded by the Australian Swimming Coaches and Teachers Association Inc, as a community service.

Do you know...

Swimming Caps...are to be worn by all children 3 years and over. This will keep any hair out of their eyes so they may concentrate better. More importantly it assists our filtration system to keep hair out of the pool thus maintaining a high water quality.



Checking in...all children MUST have their name checked off at reception before swimming please. This allows us to track attendances and make up lessons as well as providing an accurate list of who is on the premises in case of an emergency. We have a sign on the front door and also at the bottom of the ramp requesting this.



Rostered Staff...we have a board in the front foyer advising who is rostered on for the shift. If your regular instructor's name is not on the board then please ask reception who your child shall be with. If your child is doing a make up lesson then please ask reception who their instructor shall be. This alleviates any guess work or searching for the right class when on pool deck.



Please read the whiteboard in the reception area when you come in...

We have AUSTSWIM qualified instructors.

Ratios: We operate in line with AUSTSWIM guidelines with the following ratios:

Infants– 1:1 (parent)
 Toddlers– 1:5 (recommended 1:8)
 Preschoolers– 1:4
 Preschoolers 4 –5yrs - 1:5
 School beginners– 1:4
 School– 1:5
 Squad– 1:9

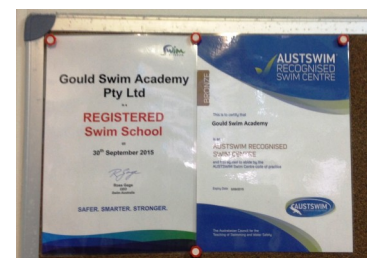
At times our classes shall have one above our ratio so we may accommodate make up lessons. Without the ability to do this, we would not be able to offer make up lessons at all.

Our squads have a higher ratio as the swimmers are on the move more often and swim the length of the pool. They do not require as specific tuition as younger classes do.

We are registered with **Swim Australia**.

We are recognized by **AUSTSWIM**.

We operate under the guidelines of both bodies who are the leading authorities in Australia for swim schools.



We keep up to industry standards both with our practice and policies, and staffing.



FAREWELL TAEGAN...

It is bittersweet that we say farewell to Taegan at the end of this term as she leaves to have her first baby!

We have had the pleasure of Taegan's energy, enthusiasm and diligence for the past four years.

Taegan is very particular in the running of her classes and sets a very high standard for children to achieve before going to the next level. We wish Taegan and partner, Matt, all the very best for the arrival of bub.



SAFETY WEEK: TERM ONE—

We shall start Safety Week a little earlier this term on **FRIDAY, 27 MARCH** and flow onto SATURDAY 28 MARCH, MONDAY 30 MARCH, TUESDAY 31 MARCH, WEDNESDAY 1 APRIL AND THURSDAY 2 APRIL. We ask that all children of every age wear pyjamas in the water. This is so children learn to understand the heaviness of clothing and the drag created when wet. If they ever fall into water fully clothed then they shall be less likely to panic.

Staff Spotlight: Beth Volkers

Beth started with us in May 2012 and has been a consistent member of our team. She is dedicated and particular to attention when instructing your children. Beth is a swimmer herself having started from a very young age with her older brothers. Her strong swimming ability has enabled her to enjoy playing water polo for many years. As a local girl she has also enjoyed many hours in the Murray River and at the Hume Weir with family and friends.

Participating in so many water activities has given Beth a great understanding of the importance of a strong grounding in water skills and swimming.

Beth was also a gymnast for many years competing at a high level. She is currently studying teaching at Charles Sturt Uni and is nearing the end of her course. Thank you Beth.



CONTACT DETAILS:

Please check that we have your updated contact details. We are missing some people's phone numbers due to them being changed and we haven't been informed. It is very difficult to speak with you if we don't have a contact number!!

We would also appreciate your **email** address so you may receive our term newsletter and invoices.

FACEBOOK—get on it if you are not already!! This is a terrific way to keep informed on a regular basis. Be sure to "LIKE" us.