



In the Swim...

VOLUME 8: ISSUE 4

NOVEMBER 2017

DATES TO REMEMBER

Term End
Sat 16th Dec

Holiday Intensive Program: 4 days
Mon 22 to 25th January has limited vacancies.

Term 1 Start
Mon 5th Feb

Term 1 Fees Due 17th Feb.

If you are NOT returning for swimming in Term 1 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.

PLEASE PLACE THE FOLLOWING DATES IN YOUR DIARY...

1. Safety Week—Mon 11 to Sat 16 Dec
2. Term 4 ends—Sat 16 Dec
3. Holiday Intensive Program—4 days only—Mon 22 to Thu 25 Jan
4. Term 1 2018 starts—Mon 5 Feb
5. Term 1 Fees due in full—Sat 17 Feb

If you are currently enrolled then you shall be enrolled for Term 1 as we roll our classes over.

Please let us know if you will not be returning as we have an extensive waiting list. Note however, that if you take your child out we cannot guarantee you will get back in. School-aged children are generally on the waiting list for 3 to 4 school terms.

Gould Swim Academy (GSA) Terms – the dates we follow 2018.

TERM 1

GSA - Monday 5 th February to Saturday 14 th April	10 weeks at \$160.00
GSA – Mon – 9 weeks (Easter Monday)	9 weeks at \$144.00
GSA – Fri – 9 weeks (Good Friday)	9 weeks at \$144.00
GSA – Sat – 9 weeks (Easter Saturday)	9 weeks at \$144.00

TERM 2

GSA - Monday 30 th April to Saturday 7 th July	10 weeks at \$160.00
GSA – Mon – 9 weeks (Queen's Birthday)	9 weeks at \$144.00

TERM 3

GSA - Monday 23 rd July to Saturday 29 th September	10 weeks at \$160.00
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TERM 4

GSA - Monday 15 th October to Saturday 15 th December	9 weeks at \$144.00
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SWIM INSTRUCTING>>>>

Do you like working with children?

Do you enjoy being part of a team?

Do you have a contagious smile and enthusiastic energy?

Please let us know and we are happy to train you and guide you to get started. We appreciate staff who are able to commit to their shift/s for the school term.

SWIMMING ACCESSES THE FIVE PATHWAYS TO THE BRAIN...

Close your eyes and think about a swimming pool. What do you see, hear, feel, smell or taste? These are the five paths into the brain. By stimulating the mind with all five senses you generate activity in the brain, creating growth. Swimming accesses all five senses. You can see the water, other children, a swim coach, parent, and the light reflecting in the water. You can hear the water splashing as you move your hands and feet through the water. You can feel the water as you glide through it or float on top of it. You can smell and taste the chlorine in the water. Anyone who swims gets a chance to experience these five senses.

When a child experiences an enriched environment the brain is stimulated. When a child is of the ages from birth to six months they require more stimulation than at any other time in their life. This time period offers seven developmental stages that allow a child to meet or exceed mental and physical development. This is birth, two and a half months, seven months, twelve months, eighteen months, three years and six years of age. If a child is given the opportunity to learn swimming, language or any other skill at a young age they will learn that skill faster and easier than at an older age. This is why teaching a baby to swim is so successful. As a baby develops these mobility functions, breathing will become deeper, more regular, and more mature. This enhanced respiration helps the baby to be able to make sounds, which improves communication and overall language development. When the baby can move better, and breathe better, health also improves. When the baby is able to communicate better with mother and father, baby is happier. This is a section taken from the book "How to teach your baby to swim from birth to age six" by Douglas Doman.

(<http://www.superswimmersfoundation.org/Swimming-Accesses-the-Five-Pathways-to-the-Brain.htm>)



As we come to the end of our eighth year of operation, we are able to see that most children who commenced swimming with us at an early age, either aged three or less, reached squad level at the age of seven. This is with consistent attendance and appreciation of the individual child's progress. Owen: Frogs (1-2yrs) 2010 to Sharks squad 2015; Oliver: Tadpoles (6-12mths) 2010 to Sharks 2017; Olivia: Blue Fin (3-4yrs) 2012 to Sharks 2016; Sam: Jelly (3-4yrs) 2010 to Sharks 2015; Jayne: Jelly (3-4yrs) 2010 to Sharks 2014.

Swimming is the only sport that has the potential to save your child's life, unlike soccer, dancing, footy, gymnastics, netball etc. It makes sense that swimming should be given priority in your child's developmental ages. The focus can change to other sports when they are older and likely to establish a long term commitment to that sport. Ideally as your child is reaching squad level they are generally reaching the minimum age requirement for most other sports.

Your commitment to your child's swimming lessons will enable them to participate in many life and water activities. They will relish the pool parties their friends invite them to; scream with delight being towed on the biscuit behind a boat at the weir; enjoy the camaraderie of their water polo team; keep cool floating down the river with teenage mates; challenge themselves white water rafting; enjoy the beach when on family holidays, just to name a few. Importantly when your child becomes an adult they will be able to introduce their own children to swimming lessons and water activities.

TRANSITION FROM PARENT/CHILD CLASS TO INDEPENDENT SWIMMING.

Here at GSA we look at starting children in an independent class at the age of three. For some, it may be a couple of months earlier. This is dependent on their swimming ability, listening skills and ability to stand on the pontoon. We use the pontoons for the children to stand on when not actively working with the instructor. Flotation devices assist to keep the child afloat and to also support them when developing different skills. They are also a safety measure when there are three very excited, jumpy children standing (or not) on the pontoon.

This level is called 'Jellyfish' and is specifically for children starting independent swimming. We cap the class at three until the confidence of the class is comfortable then make it four. The movement of the group is between 1 to 2 metres in length. The class is structured so the children become relaxed and comfortable in the water before introducing some skill development. The group class allows the children to copy each other and to be encouraged by others who may be a little more confident.

ANXIETY: The transition can sometimes be difficult for the child and for the parent. This is generally due to the familiarity of having mum or dad in the water with the child for some length of time. We acknowledge that the first one or two independent lessons may create some tears for the child (and parent) however given the opportunity to explore the full enjoyment of independent swimming allows this to subside. If a child is persistently upset for three weeks then we shall look at doing something different to support them in becoming comfortable in the water. We do not force a child to submerge their head.

During this time if your child has some anxiety then we ask that you trust our instructors and the process:

1. Talk to your child about swimming with the instructor (name).
2. Hand your child to the instructor and walk away to be seated.
3. Do not hover around child or near the class.
4. If requested by the instructor, then walk to the reception area and take a seat (read the newspaper) whilst the instructor distracts your child and works on getting them relaxed.
5. Remember your child is not being harmed or placed at any risk.
6. Following the lesson be sure to reward your child with lots of praise and encouragement.
7. Even if your child is still hesitant please bring them to the next week's lesson. Continuity and consistency will build trust, confidence and familiarity.

TRANSITION FROM 30 MINUTE LESSON TO 45 MINUTE SQUAD CLASS.

Being promoted to the 'big' 45 minute "Sharks" squad for the first time, or first few times, can be daunting for some children. Children are elevated to the higher level after assessment demonstrates they are competent and capable of being in the higher level. We do not put a child up if we are not confident in their ability to progress in the higher level. Where possible we try to group the children in a squad with children of similar experience or time at that level. However due to our availability and your preference for a day/time this may not always be possible.

Some things to discuss with your child and to remember:

1. Some children in the class will have been swimming at this level for a long time so will be faster, stronger, and more familiar with the program.
2. Your child will not be the leader in the lap swimming. The faster, stronger swimmers will lead so they do not stop or swim over slower swimmers.
3. If your child tires in the first few weeks then they may stop at either end at the wall to rest whilst others continue to swim.
4. The squad program consists of refining technique, competitive elements of swimming and building stamina. This may take some time to achieve. Be patient.
5. Some children enjoy the competitive element of lap swimming however encourage them to slow down and focus on their technique.
6. Be sure to encourage and support your child with praise. Acknowledge the progress they have made.



SCHOOL SWIM PROGRAMS...

This term we have hosted Trinity Anglican College, Burrumbuttock Public School, Table Top Public School, Rand Public School and Walbundrie Public School. The school program enables us to teach many students who do not do swim lessons outside of school. It also gives the students who do attend lessons a week/fortnight of intensive instruction. For a minimal cost, this program is well worth having your child do! We thank the schools for entrusting us with their swim program and hope all students gain great benefit from their time with us.

HOLIDAY CLOSURE: MAJOR MAINTENANCE

Our pool shall be closed from 17 December to 21st January for maintenance. We are being proactive and taking steps to ensuring the longevity of our pool and building infrastructure after eight years of operating.

We will also be getting connected to the NBN so wish us luck that this goes smoothly without any interruptions.

We will also be looking forward to having the entrance gate completed in our foyer.

We shall still be in and out of the office at varying times so please feel free to leave a voice message on the answering machine 60400400 or email janine@gouldswimacademy.com.au.

HOLIDAY INTENSIVE PROGRAM:

Hence, the above situation means we only have time for four days of our Holiday Intensive Program. We apologise for any disappointment this may cause. We are happy to place names on our contact list for future holiday programs ie April, July and Sept. The program shall be from Monday 22nd to Thursday 25th January. Places are limited.

MERRY CHRISTMAS AND THANK YOU TO MANY...

1. Thank you to you, the families who support our business and allow our family to teach yours. We value your commitment, feedback and encouragement to continue what we love doing. May you all have a restful, enjoyable and re-energising break from lessons. We look forward to seeing you all from Monday 5th February.
2. Thank you to our amazing team of instructors and ancillary staff. Without such compassionate and enthusiastic staff we would not be delivering such a high quality service to our families. It is a joy to see such warm and caring people turn up for work each day. Enjoy the opportunity to 'dry out' and relax with your families. We look forward to seeing your smiling faces in the New Year.
3. Thank you to the businesses who provide vital services to us so that we may care for you, our families, as well as we do. It is always a pleasure to work with the local staff of these businesses. We do choose local businesses where possible too so we can pay forward the support we receive. We hope you all get to have a break and enjoy some time with your families.



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