



# Sue Pryor Swimming

Autumn Newsletter

March 2009

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## New Progressions

I hope you have read and understood the New Progressions on the board.

Our aim is to allow more individual progressions based on what they can do and are interested in trying.

Large overall charts of all levels and skills will be displayed for teachers, parents and swimmers to monitor regularly.

**Level 1** (blue) aims - to feel comfortable in all areas, to put their face in the water and show trust and respect.

**Level 2** (yellow) aims - to start feeling the buoyancy and to extend skills to feel comfortable at all depths. Also to rollover to their backs smoothly and efficiently to breathe and can swim 25m using this method with any form of propulsion. Also to float comfortably and confidently on their front and back.

**Level 3** (green) aims - to extend methods of propulsion on front, back and sides. Safety skills will be developed and extended and a distance swim increased to 50m. Also swimming in clothes will be added at this level.

**Level 4** (red) aims - fine tuning strokes and technique. Improving breathing and timing of legs and arms.

## Winter Lessons

Swimming is a **LIFE SKILL** - can you really afford to take a break from repeatedly teaching your child how to stay afloat, getting to a safe place and rolling to breathe.

Young children (especially) forget very quickly and so we encourage you to continually reinforce these important skills all year, not just over summer.

We recommend that they continue until they can swim at least 100m unaided.

## Happy Children

Children learn best when they are happy, unrushed and comfortable.

If they are rushed/ angry/upset/late/pressured it sets them up poorly for their lesson.

This also applies during the lesson. If they are crying, we suggest that you temporarily separate them from the group and use toys etc. to get them happy again. This also gives you an opportunity to find out why they were upset.

Crying is distressing for all and is contagious, so please aim to keep your child happy.

### Diary Dates:

**2009**

#### TERM 2:

Mon 27/4 - Sat 4/7

#### TERM 3:

Mon 20/7 - Sat 26/9

#### TERM 4:

Mon 12/10 - Sat 12/12

### Term 2 2009

#### Swimming Lessons

##### 10 week term fee

\$165 for 1st child

\$157 for 2nd child

\$150 for 3rd+ child

##### 9 week term fee (Mon only)

\$149 for 1st child

\$141 for 2nd child

\$134 for 3rd+ child

#### Aquarobics

\$11 per session

#### Lap Swimming

\$5.50 standard rate

\$4.40 concession rate

#### Pool hire - for 1/2 hour

\$16.50 up to 7 swimmers

\$25.00 for 7+ swimmers

### Term 2

Please let us know your intentions for Term 2 **NOW** so that we can plan to put your child in the class best for them.

See list of classes on top of the drawers and add E, C, ✓(see yellow sheet) next to your child's name).

### Business Cards

We happily support local businesses who support us by providing a display area for your business cards. Please add your business card but only 1 copy - spares can go in the top cane drawer to be replaced by the owner when needed.

### Ventilation

It is a health request that the pool is ventilated. We have the whirly gigs but that is not always sufficient, so we tend to try to open at least 1 window/door. Please help us to keep your environment safe. If the swimmers are cold, we close down that air source.

**LOST PROPERTY**  
Please check we have numerous goggles

# LEARNING TIPS

## Time in the water

Just like learning to walk or to crawl learning to swim is a loco motor skill that requires lots of time and practice to achieve. A child having just one half hour lesson each week for 52 weeks of the year will only accrue 26 hours of swim lesson time over a year. The more time children spend in the water the quicker they will learn to swim.

## Not negotiable

Learning to swim is like wearing a seat belt or a bike helmet. Until you can swim it's simply not negotiable.

Children don't have the maturity to understand they are at risk around water. Provided parents are comfortable with the teaching methods used at their swim school and the children are treated with respect, then they need to have the courage of their conviction that learning to swim is an important priority.

## Reinforce the skills

Not just swimming, but any loco motor skill needs to be practiced over and over to be remembered. This can seem monotonous and sometimes children might say they don't want to learn to swim any-

more. Feel confident they are only being asked to persevere for such a small amount of time. Learning to stick with something rather than giving up too easily is a very healthy lesson.

## How much skill is enough?

Having the ability to swim around a backyard pool doesn't necessarily mean a child is strong enough to cope in an unfamiliar or stressful situation. Swimming ability can deteriorate rapidly under stress, the more skilled the child in the first place the greater the chances of survival.

*To be Cont'd  
next issue*

## Parents in the Pool

We love to have parents of our younger swimmers in the pool with them, as this helps them to feel the buoyancy of the water and develops trust. It also enables your child to practice their skills for the whole lesson rather than waiting with 3 others for a turn with the teacher (therefore only 7 minutes swimming time out of 30 minutes). There does eventually however

come a time when your child doesn't need you in the pool and this is based not on age but on their skill level and their readiness, as well as discussions with the teacher to see if they agree on their readiness. We like your child to be able to swim on their front and their back by themselves at least  $\frac{1}{2}$  way across the pool but preferably all the way before inviting parents to leave the pool.

They also need to be able to listen, to wait and to follow instructions. This is a very individual thing and should be based only on your child's stage of development rather than that of other children. It needs gradual preparation by the teacher and the parent to prepare your child to be happy with the transition.

## Welcome to the New Teachers

### Safety Week

March 23rd - 28th March

Bring your long sleeved clothes for boating

Credit Card and online payments are working well—thank you for prompt payments

You will have noticed many new teachers in the pool. They are training to take over those classes when they and I agree they are ready.

**Tue 9:30-11:30am**

**Fri 2:30-4pm**

**Carrie** mum of 2 children

**Tue 11:30am-1pm**

**Thu 11am-12 noon**

**Katie** ex competitive swimmer

**Fri 4-5:30pm**

**Tayla** former student here and competitive swimmer

**Lucinda** - Manager - teacher, new mum of Oscar and with previous pool management experience.

Please make them feel welcome and we would value your feedback (positive and negative) about their progress.

We all have to start somewhere.