



Sue Pryor Swimming

Autumn Newsletter

March 2010

BENEFITS OF PARENTS IN THE POOL

Why do we prefer you as parents to get in the water with your young children?

- bonding (their special time with you)
- 30 minutes of swimming, not 1/4 of this from waiting for a turn
- they develop trust and confidence in the water as well as in you in the water
- you learn your child's limits and abilities
- you know how to help them if you swim elsewhere on holidays etc
- you build your skills and confidence by joining in
- helps your child to learn comfort skills of trusting buoyancy (feel the water)
- it's their special time with you, especially if there is a new bub in the family.

We realise some parents choose not to swim for their own personal reasons so we never force the issue.

Some children sometimes respond better to the teacher so there are many issues to be considered. At all times, we aim to do what is best for your child.

A Laurie Lawrence quote from the free DVD *"The parent's body language determines how relaxed the baby is. Your body language rubs off on your child so stay relaxed and calm as you both need to enjoy it."*

NOTICE BOARDS

See all our new notice boards - all for different swimming topics.

Large Board - current swimming incidents and accidents

Board by the Ramp - has weekly notices

Foyer - parenting tips, our aims and techniques

CHECK OUT THE WEBSITE

New photos - coming soon

Next Term - our long term swimmers.

Thanks for allowing us to photo you and your child.

MESSAGE OF INDEPENDENCE FROM WABC World Aquatic Baby Conference

Kids as young as 18 months need to be given the opportunity to develop and test their skills of independence.

You may have heard "I can do it myself" - maybe the shoes are on the wrong feet or clothes on backwards etc. but it is an important part of their social and emotional development.

It requires time and patience and encouragement (not you've got it wrong!) but rather "Well done for putting them on yourself. Let's try them on the other feet and see if it is more comfortable. You show me!"

If they go too near the pool, rather than pull them back from the edge of the blue floor (where they are not learning to take responsibility for themselves), try talking to them (set rules and safety expectations) in simple, short, concise words. "Show me how you can stay on the blue", "Well done, now you are safe" - say this simply in a normal voice, not angrily or forcefully.

They love to show you how well they can do something, so give them the chance to show you (and remember to thank them for being so clever).

TERM 2 & HOLIDAY LESSONS

Sue is starting to plan **Term 2** and **holiday lessons** and would like to know **ASAP** what your needs are for both these times.

Please let the office staff know if you

- 1) wish to stay the same for Term 2 2010
- 2) wish to change times for Term 2 2010
- 3) are interested in holiday lessons (in the second week of the school holidays)?

TERM 2 HOLIDAY DATES

Even though schools are having an 11 week term, we are still only teaching for the 1st 10 weeks and so that all classes have 10 lessons, Monday classes will have their last lesson on June 28th.

www.spswim.com.au
Ph/fax: 08-8536 2302
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Diary Dates: 2010

TERM 2: Mon 19/4 - Mon 28/6
10 week term for all

TERM 3: Mon 19/7 - Sat 25/9
10 week term

TERM 4: Mon 11/10 - Sat 11/12
9 week term

Term 2 2010 Swimming Lessons

10 week term fee

- \$165 for 1st child
- \$157 for 2nd child
- \$149 for 3rd+ child

Aquarobics

\$11 per 1 hour 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

NEW TRAINEE TEACHERS

We welcome

Tamara Ceccato
Paul Roberts and
Jayne Secker to our teaching team

ACHIEVEMENT LEVELS

Yellow Level - Comfort at all depths. This is the crucial level before propulsion at the Green Level. The propulsion at the Green Level is in every form setting them up for strokes in the Red Levels.

Level 1 Babies	3 sec swim 5 sec swim 7 sec swim
Level 2	Pull myself to safety I can hand walk around the pool to safety Spider finger across ledge I can enter and exit the pool safely I can climb out by myself I can put my face in the water open eyes
Level 3	rocketship front balance [jellyfish] starfish [back balance] I trust buoyancy in all depths of the pool I can be thrown away and return to a safe place Level 3 SAFETY
Level 4	I can swim to the wall by myself and hold on humpty dumpty I am a good listener I can wait and show ready Level 4 SAFETY

Green Level - Propulsion based on their capabilities – some prefer symmetric strokes and some asymmetric strokes

Level 5	Rollover 6m swim Front 6m swim on side 6m back swim 6m survival backstroke arms 6m breaststroke (arms) Level 5 SAFETY
Level 6	12.5m swim I blow bubbles as I swim 6m freestyle 6m backstroke 6m survival backstroke kick 6m breaststroke kick 6m butterfly kick 25m swim Level 6 SAFETY Level 6 ENTRIES Hacky - 300m
Level 7	12.5m freestyle 12.5m backstroke 6m survival backstroke 6m breaststroke 6m sidestroke arms 6m Butterfly arms Level 7 SAFETY Level 7 ENTRIES Hacky - 400m

Red Level - See next Newsletter

BENEFITS OF SWIMMING DURING WINTER

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.

Excerpt from article by Laurie Lawrence in 'Swimming Matters'

Winter is a time when influenza, sniffs, coughs and colds are on the prowl. Today with heated indoor pools there is no reason for any child to stop swimming during the colder months. Don't make the mistake of stopping your child's swimming lessons because it may be a little inconvenient; you will be doing them a disservice. Swimming is one physical activity /sport which will benefit your child's health in the colder months.

It is also a physical activity/sport that

requires constant practice on the skills to continue improvement.

A little effort on your part as parents this winter will reap great rewards next Summer as you build swimming skills, self esteem and keep up an activity that has the potential to save your child's life.

Remember "Kids Alive, do the five!"

Fence the pool

Shut the gate

Learn to swim...it's great!

Supervise, watch your mate

Learn how to resuscitate

COMMENTS FROM PARENTS AND SWIMMERS

1. After his first lesson here, a young boy said to his mother "That was the best day of my life!"
2. A Dad remarked to his wife, after one of his baby son's lessons, "This is much better than where we were before as the classes are small, I can hear the teacher and she checks that I'm doing it properly. She also tells me **WHY** we are doing the skill as well as **HOW**".
3. "I don't want to go back to the other pool—I like this one better", comment from a new swimmer from elsewhere.

COURSES COMING UP

March 14	Teachers Safety Workshop
March 14	Trainees Workshop
March 14	DECS Diving Course
March 21	SAT Course
April 10 & 11	JSAC - Broken Hill
June 20	SAT Baby & Toddlers Course
June 26 & 27	JSAC - Sue Pryor's Pool
Dec 4 & 5	JSAC - Sue Pryor's Pool

HEALTH

HEAD LICE

Head Lice jump from head to head

MYTH Lice are wingless insects and have no spring in their legs, so they can't jump from head to head. Transmission of lice from one person to another occurs through direct head contact or through sharing hats, combs, hairbrushes, earphones and even pillows, cushions or furniture headrests. Lice only live for a few days once off the head. However chlorine doesn't kill head lice, so please don't swim until clear.