



# Sue Pryor Swimming

Spring Newsletter

August 2009

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## Holiday Lessons

We are now able to offer lessons in all holiday breaks, so if you wish to continue your child's lessons please enrol at the office now.

This also opens up options for those who would love lessons but are unable to attend normal term time lessons.

These lessons could be everyday for a week and include 1:1 options.

## Teaching & Coaching Courses

Sue is offering the following courses. Please apply at the office if interested.

**AUSTSWIM** on Aug 29th & 30th (theory and practical)

**AUSTSWIM - INFANT** on Sept 29th & 30th

**BEGINNER COACHING** on Nov 21st & 22nd

Strathalbyn Swimming Club, Vacswim and school swimming are always looking for teachers.

**SWIM AUSTRALIA TEACHER (SAT) - INFANT** Nov or Dec - TBA

## Father's Day

All dads who attend during this week will be offered a free tea, coffee or hot chocolate. Just see the admin staff.

## How skills are learnt

New skills are learnt slowly with repetition of key elements being of the utmost importance. The brain processes the skill more easily if it is broken down into simple steps each involving minimal verbal instruction. After trying the skill, feedback needs to be given so that the next attempt can be refined - one step at a time.

Regular feedback after many short tries of simple skills, produce the best results.

### PERFECT PRACTICE MAKES PERFECT

There is little value in practicing a skill badly. New skills can be added gradually as old skills are confidently and automatically handled. Children often appear to plateau as they near this automatic stage. To avoid boredom we try to include elements of all competitive and survival strokes at all levels. Recently learned skills are often used as a warm up and revision exercise before going on to newer skills.

Speed develops as technique develops and improves. Trying to introduce speed too early in the learning cycle often encourages faulty technique which is counter productive and even harmful to young bodies.

**Perfect practice over short distances improves technique and therefore speed.**

### Diary Dates:

**2009**

#### TERM 3:

**Mon 20/7 - Sat 26/9**

#### TERM 4:

**Mon 12/10 - Sat 12/12**

### Term 4 2009

#### Swimming Lessons

##### 9 week term fee

\$149 for 1st child

\$141 for 2nd child

\$134 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

## Sue's Hacky Swim in Fiji

Sue surprised herself by easily swimming the kilometre between Treasure Island and Beachcomber Island in 20 minutes during a morning break and then at the end of the day backing up with a 1.2km swim around Treasure Island.

## TERM 4

Please let us know your intentions for Term 4 **NOW** so that we can plan to put your child in the class best for them.

Please come and see Robyn or Carolyn in the office.

## Safety Week

7th—12th September  
**CLOTHES SWIM**

Please bring **LONG SLEEVED TOP for all ages and LONG PANTS for those swimming with above arm recovery in freestyle and backstroke**

## Head Lice

Please **DO NOT SWIM** if you have head lice as they do not die in chlorine!!!

They are still highly contagious even in chlorine.

Conjunctivitis is also still contagious in the pool and will not be comfortable for the swimmer so again please no swimming.

