



Sue Pryor Swimming

Autumn Newsletter

March 2008

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New baby in the family

Congratulations to all our new mums. Some of our teachers are too scared to sit on the seats near the pool in case it is catching!

We welcome several new additions to our swimming family and hope to see them in the pool in the near future.

We start baby lessons at 3 months but fully appreciate that with at least 1 other child that this may be difficult for you, but please don't leave it too late. It is preferable to start well before their first birthday as their reflexes weaken by then and disappear by 1, making it harder to learn breath control.

You may notice many regressive and clinging behaviour changes in your now big boy or big girl and this is normal unfortunately.

They will be going through huge adjustment changes in their lives but without the skills to know how to cope with 'losing' mummy who used to be all theirs.

If possible they need to keep their special time with mum in the pool. Their swimming skills may appear to regress and their confidence may appear to have gone but it is their way of coping with the unknown.

The teachers are aware of this and will try to help you through this stage. We all need to allow your child to go back to being the baby again for a while and then gradually bring back their skills and confidence with a gentle approach and lots of care and nurturing.

Diary Dates:

2008:

TERM 2:

Mon 28/4—Sat 5/7

TERM 3:

Mon 21/7—Sat 27/9

TERM 4:

Mon 13/10—Sat 13/12

Re-enrolment form-please return

<p>Student's name _____</p> <p>Current lesson times</p> <p>Day _____</p> <p>Time _____</p> <p>Teacher _____</p> <p>I wish to continue at this time next term YES / NO</p>	<p>I would like to change</p> <p>Preferred times _____</p> <p>Times I cannot attend _____</p> <p>Reason for change _____</p>	<p>If intending to return after a break please indicate below</p> <p>Intended return time _____</p> <p>Please ring to re-enrol in week 6 of the term preceding your anticipated return to help us find the best time for your child</p>
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Term 2, 2008

Swimming Lessons:

Mondays

(9 week term):

\$140 term fee

\$126 for 3rd+ child

Tues-Sat

(10 week term)

\$156 term fee

\$142 for 3rd+ child

Aquarobics:

\$10 per session

Lap Swimming:

\$5 standard rate

\$4 concession rate

TITLE 3



TITLE 4

Staffing changes

As you are aware, we have lost Wendy from our team both as a teacher and as our Admin person.

Consequently we are making lots of changes in a hurry so we may not be able to do all the 'high—tech' computer work that she did but we will strive to still offer you quality lessons and communication.

At the moment we will not be able to continue sending bulk e-mails so would you please revert to the old system of taking this

hard copy newsletter home with you and returning the enrolment form on the front page.

We also ask that you continue to read the notice board each lesson so that we can communicate any information to you that we need.

There have also been some late teaching changes to accommodate so I thank you for your patience and understanding.

We wish Wendy well in her new endeavours and Amy all the best with her year 12 studies.

PRODUCTS:	
Goggles: Junior	\$7-17
" : Senior	\$25
Silicone ear-plugs (4)	\$7
Chamois towels	\$20
SPS swim caps	\$15
SPS towelling ponchos	\$10
Swim nappy (washable)	\$20
Disposable swim nappies	\$2
Polyotter swim shorts	\$10
Tog Wash (swimwear)	\$12
Tog Rinse (hair wash)	\$12
Tog Wash (body wash)	\$12
Tog soap (face & body)	\$8
Seal dive sticks	\$25
Seal Search'n'Rescue	\$20
Clam Hunt	\$20
Kickboards	\$15

Certificates and vouchers

I hope that you have all found our new display area for certificates, voucher times and business cards.

The magnetic strips are working well and make it much easier to pass on **certificates** to your child.

If you are expecting a certificate, please check at your next lesson

and you may take it home with our congratulations.

To help you to understand our method there is a list of all our progressions and the accompanying certificates on the wall above

the ramp to the change rooms.

Small business owners please feel free to put your business card on the third set of strips.

You support us so we are happy to support you.

Voucher swims
Check the board for next times

ASCTA conference

Once again I will be away at the national ASCTA [Australian Swimming Coaches and Teachers] conference and unfortunately it is in the first 2 weeks of our term.

We will try to maintain all lessons where possible and if we are unable to we will let you know personally as well as via the notice board and consequently will

be reflected in your fees.

It is important for us to attend so that we can maintain our high standards of teaching as well as keeping up to date with all the latest thinking from world experts in teaching and coaching.

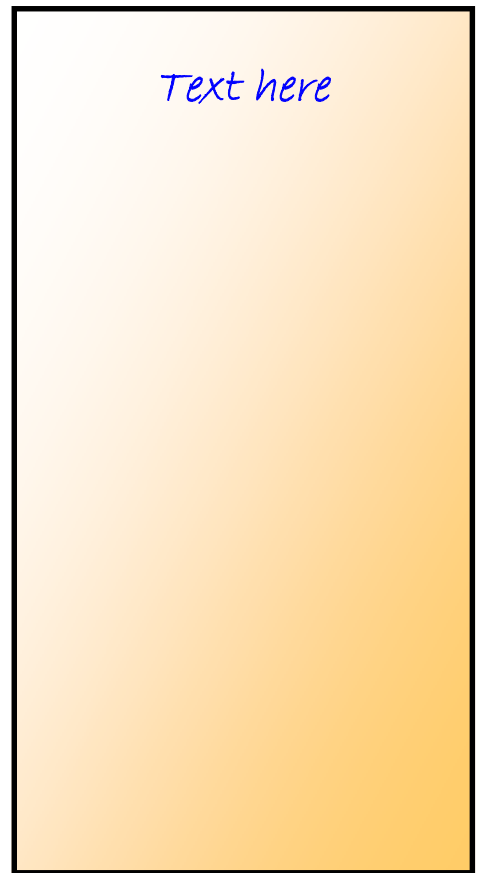
I am also presenting at the conference again this year on 'The Comfort Ingredient'. This is an

area of our teaching which I [and obviously ASCTA] think that we do well.

It is important that the swimmers feel comfortable and therefore confident in the water and this comes from knowing that the water will hold them up at all depths. Skills cannot be learned if there is fear and hence no confidence.

title

title



title