

Ph/fax: 08-85362302
 admin.spswim@bigpond.com
 Website www.spswim.com.au

Quiet Classes

A mum said to me recently how quiet the classes and I was so pleased [thank you] as that is the atmosphere that we are trying to create. We all learn better when we are comfortable and this is aided by quietness, both beside and in the pool.

We can still be enthusiastic when your child achieves a special skill but we do it quietly but with genuine enthusiasm. Often it may be verbal but the non verbal [using thumbs up, high 5 etc] is just as effective.

Your child is better able to listen to the teacher's requests without distraction. To also help your child's listening we ask parents to save your praise until the child has left the pool. If they hear you they are confused as to whether to listen to you or to the teacher and then they don't hear anyone.

This also applies to parents in the pool with children from 2 years on - as they approach the time where they are able to swim without you we ask that you encourage your child to listen to the teacher without you repeating the instructions. We need to teach them to respond to us rather than the parent but we still need your help in the pool for a while—to praise good listening

and to be the spare pair of hands so that they can swim more.

If your baby cries in a lesson please just take them away from the group and get them happy again as crying is contagious but it is also not good for your child to be distressed.

If it happens regularly we need to find out why and work towards making your baby happy.

All children need to be happy in the water so please ensure that they arrive early and happy to their lessons to give them time to prepare physically and emotionally.

In summary

- be early
- be positive
- be happy



Admin Extras

FREE

As we are members of Swim Australia there is a free **Swimming Matters** magazine on top of the drawers—please take and enjoy

VOUCHER SWIMS

These will now be offered on Friday, Saturday and Sunday afternoons in weeks 4, 6 and 8 of each term as well as in the first week of the holidays

Please check at the office for exact times and make your booking within the term of absence

CONTACT DETAILS

If you have changed any contact details (phone number, e mail or residential address) please let us know so that we can update our database

We are working on making e-mail contact again soon.

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

Term 3 2008

Swimming Lessons:

(10 week term)

\$156 term fee

\$142 for 3rd+ child

Aquarobics:

\$11 per session

Lap Swimming:

\$5.50 standard rate

\$4.40 concession

rate

LOST

PROPERTY

Please check

Pre-strokes Classes

The aim of these classes is to make your child—comfortable in the water

- independent but safe
- think for themselves
- swim to a safe place

Safe places can be to the wall, ledge, platform, on their back, mat, adult.

Your role as the parent / helper in the water is to let them try things, experiment for themselves but be nearby if they need help.

They know how to hold their breath for up to 7 seconds [taught as babies] so we adults then have to give them the chance to try for themselves for 7 seconds.

If they appear to be having problems or can't quite get where they are aiming then look at their body language to see if

they need help and how to best give it.

If they look at you with big saucer eyes it means 'I would like a bit of help please' so just guide them gently from behind the head to the safe place. Please do NOT 'PLUCK A DUCK' ie grab them and do it for them.

This is very hard for the parent but you may not be there if they ever fall in [which we hope they never do!] so they have to try it for themselves. They just need time to think of their options.

This is why we do Humpty and drop downs so that they know to turn around for a safe place. Once they have turned then you MAY need to guide them gently but let them try it themselves. VERY HARD TO DO!

By allowing them this freedom they also learn to respect the water more and learn their limitations.

Terms and Conditions

There have been some changes in administration over the last term and we now look forward to providing you with improved invoicing and payment systems.

We recognise that handling your money is very important and will be issuing receipts for all class payments made.

There will also be changes to Booking and Payment Policies.

This information will be provided to you by the end of this term

Two Way Communication...

This is vital for everyone's benefit

We are currently working on improving our communication with you - written and verbal.

Please let us know any suggestions or comments you have to improve our services to you.

Credit Card facilities available from term 3

Other payment options

- online
- cheque
- cash

Receipts will be given

WANTED

Trainee teachers

If you love water and kids and have some spare time and patience... please consider a new career

No experience necessary

SPECIALS

At the conference I was able to pick up some bathers at reduced prices so I am able to pass these savings on to you.

Best deal

- Sue Pryor Swimming cap, bathers [sizes 2-6] for boys and girls in a Sue Pryor Swimming bag all for \$25—Normally \$40

Other Specials

*Bathers - sizes 2-6
boys and girls
\$10 each*

Re enrolment for Term 3

We are trying a new system again [until we get it right] to make life easier for all

There is a complete list of current enrolments on the wall above the drawers

Would you please mark on that sheet TODAY

- **YES** if you wish to stay as you are
- **EXIT** if you are not continuing next term [would appreciate reason for exit and if you plan to return]

- **CHANGE** if you need to change or would like to try to change

If so please indicate on the sheet your preferred times and also when you **CANNOT** attend as this makes it easier to find the right class

We spend a lot of time trying to get the classes just right or the best that we can but we need your help by replying **ASAP**—the sooner we know the sooner we can act and confirm your new class