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## Christmas holiday swim lessons:

We are pleased to advise that we will be offering some swimming lessons over the Christmas holiday break.

Trudy will run weekly lessons aimed mainly, but not exclusively at the younger swimmers.

### Lesson dates:

**Tuesday, 2 January (9:00am—1:00pm), then on Mondays 8, 15, 22, 29 January (9:00am—1:00pm)**

Classes from 3:00—5:00pm can also be arranged, if there are sufficient bookings.

Linsey will be running 2 “intensive” swim weeks mainly for more advanced swimmers.

### Week 1:

**Monday 15 January—Friday 19 January (10:30am—1:00pm, all days except Friday which will run 2:00—4:30pm)**

### Week 2:

**Saturday 20 January—Thursday 25 January (9:00am—11:30pm)**

Please make your bookings as soon as possible to assist with organisation.

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## “Coping with change” part 1:

*Change can be a difficult process for adults, but it is even more so for children.*

Change can come about from a positive experience like starting kindy or school, going on holidays, or a new baby in the family. It can also be negative like an illness in the family, the death of a pet etc. (changing swim lessons, or lessons without Mum in the pool are also significant changes!)

Either way, a child will be taken out of their “comfort zone”, where they know what to expect in their daily and weekly life. Children love and need routine to provide security in their world and so when this is altered they become unsure, and don’t know how to respond or behave. Their insecurity can show itself by regression in behaviour such as

being clingy, sooky or naughty.

There are 2 behaviour types - *Learning Behaviour* is where they are learning new life skills.

*Emotional behaviour* is where they are learning to cope with change.

If ‘learning behaviour’ is inappropriate it can be dealt with by discipline methods (ignoring, consequences, boundary setting etc), but this doesn’t work with ‘emotional behaviour’. This needs cuddles, time spent with the child and allowance for the regressive behaviour. It cannot be punished! This is the child’s cry for help, because they don’t understand what is happening. One recommended way to introduce change is through games and stories. If you know well in advance of an impending change then lots of preparation is necessary and desirable. The

child has to know what is going to happen, and know the ending, and it must be repeated again and again. If the change is put into a story or game with favourite animals/toys as the characters, then it allows them to be involved and relate to the events. You create the story first, mentioning all the people, places and things which will change, then gradually allow the child to add their own bits. This role playing may give you an insight into how they are feeling. Always end the story in a positive way, so that the child knows they will be with Mum and Dad at home at the end.

*Thanks to Maya Groenveld, social worker, for providing information for this article.*

This topic will be continued in the next newsletter.

### Diary Dates:

**TERM 4, 2006:  
16 Oct—16 Dec**

**TERM 1, 2007:  
2 Feb—14 Apr**

**Easter Holidays-  
Friday 6 Apr—  
Monday 9 Apr**

## 'Family Swim' vouchers for missed lessons:

This has been our first term trialing the voucher system for missed lessons. The concept is working well, but there are a few details that still need to be sorted out. You are reminded that to qualify for a 'Family Swim' voucher -

- **We must be advised before 9:00am of the absence.**
- **Named vouchers can be collected from the office.**
- **The voucher must be redeemed within one month of the missed lesson.**
- **Booking sheets, with times available for family swims are located in the drawer unit by the entry.**
- **Please return your voucher (office or money tin) at the time of the swim.**

We have a very small number of parents who prefer 'make-up' lessons to 'swim vouchers'. The strategy regarding missed lessons at *Sue Pryor Swimming* was carefully considered, and the negatives and benefits to all were weighed up. The new system is workable for the greater majority of our families, and for the students and staff. We do not wish to offend by refusing a request to revert!

Younger swimmers really enjoy interacting with others, and can easily become bored without such stimulation. Parents with babies or very young children might consider joining with another family for their swim, and utilising times in the middle of the day.

Older children can gain quite a

benefit from the chance to practice the skills learnt in their lessons, at their own pace, but still in the familiar environment. There is also an opportunity for experimentation and discovery that is not possible in the structured lesson time.

Weekend sessions are somewhat limited and in demand, so please book your times as soon as possible. Over time we hope to expand on these weekend time slots.

**Please use the noodles, kickboards etc from the bin near the pool, not the equipment for teacher use. For insurance reasons we cannot allow the platforms to be used without teacher supervision.**

### FEES:

Term 1, 2007

Fri 2 Feb—Sat 14 Apr

Monday groups:  
(9 week term)

**\$129 full term**

**or \$135 for monthly/  
weekly payment**

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Tues—Sat groups:  
(10 week term)

**\$144 full term**

**or \$150 for monthly/  
weekly payment**

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*Please confirm your  
2007 enrolments by  
30 November!*

*Christmas gift  
ideas:*

*SPS gift vouchers,  
swim toys, goggles,  
bathers, swim bags,  
towelling ponchos,  
colouring books*

## Aqua and hydrotherapy news:

We are now offering more therapy and exercise sessions—

### AQUAROBICS:

Tuesdays 7:00—8:00pm,  
Wednesdays 9:30—10:30am  
Thursdays 6:30—7:30pm  
Fridays 9:30—10:30am

### AQUA FOR MEN!

Fridays 12:00—12:30pm

### FIBROMYALGIA/ARTHRITIS

Special sessions for those suffering  
arthritic type conditions  
Fridays 11:30am—12:00pm

### DISABLED SWIMMERS

With the improved access and facilities in our new building and the recent installation of a lifter, we are now able to welcome swimmers with disabilities. CLASS (Community Living & Support Services), Strathalbyn are now enjoying pool sessions on Fridays, and Hills Community Options, Hahndorf bring swimmers for therapy 2 times a week.

*We also have hydrotherapy and antenatal sessions (through the Strathalbyn Physiotherapy Clinic), and the pool is available for groups or individuals for therapy or lap swimming.*

## The problem with wet floors!!

The amount of water on the floor in the bathroom, change and entry areas is becoming a big concern! The floor materials are supposed to be non-slip, and the fish mats are a help, but we are finding that the floors are quite slippery when there is water pooled.

***We are concerned that you or your child may slip and have an accident.***

To keep the area safer, we are asking for your help! Please dry your legs and bathers (and your children's) and wrap

up in a towel before entering the building. This will soak up the excess water, and should reduce the water puddles on the floor.

Please use the mop available in the broom cupboard next to the shower room, if there is still water around.

This is an important safety issue, so we ask that you consider yourself and others in trying to keep the area dry.

With many thanks for your assistance!

## FOOD & DRINK!

**Have you tried the nutritious, and delicious snacks and drinks that we now offer?**

- Dried fruit
- Choc/nut/fruit bars
- Yoghurt
- Ice-creams
- Fresh seasonal fruit
- Fruit juices
- Flavoured milk