



# Sue Pryor Swimming

Summer Newsletter  
#2

February 2007

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## Welcome all!

### Welcome to all our new families and welcome back to our 'old' ones.

We hope that you had a lovely time over the Summer period, and the chance to spend time relaxing with family and friends.

The staff have all had a bit of a break (well, most of them) and are looking forward to meeting the new families and swimmers that are joining us this term. Many thanks to Trudy Hull and Linsey Clark for their hard work running lessons during the holidays.

Just a few 'housekeeping' things:

- Please use the hooks (there are 30+ around the building!) to hang your gear, rather than chairs or the floor.
- Remember to towel off before entering the building, to reduce water pooling (and someone slipping) on the floor.
- PLEASE read the noticeboards, and

collect your newsletters. It's the best way we have of keeping you up-to-date!

- Please do not use soap or shampoo in the shower—it will effect the performance of the aerobic sewerage system.
- Please avoid using, or sponge off, sunscreen before entering the pool. It causes problems with the water treatment system, and leaves a greasy scum around the pool edge.

You will have noticed our new cupboard and bench (yes, we are getting some bar-stools) in the building entry—keep an eye out for products displayed for sale.

The new fencing around the building will provide a secure area for the kids to run around (with access to the tennis court for play). We also plan to install a shade sail over the outside play area with table and chairs.

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## Staff changes:

### NEW TEACHERS:

We are pleased to welcome Linsey Clark to our teaching team, as well as some new trainee teachers. Please make Amy Chandler and Hannah Consalvo welcome. Annette Becker has been with us for a bit, and we are pleased to have her expand her trainee role.

Sadly, this will be the last term that Katherine Pridham (K.P.) will be with us, as she is taking up full-time work elsewhere. KP is a great teacher, and we will miss her happy face—we wish her well in her new job. We

are always on the lookout for people who would like to take up the challenge of swimming teaching using the SPS method, so if you are interested, please speak to Sue or one of the other staff. AustSwim Courses and other teacher training workshops will be run at SPS through the year. Dates will be advised on the noticeboard and newsletters.

### ADMINISTRATION:

Sue and husband David, had a fabulous time overseas during the Christmas holidays. They travelled to Canada, into the US

and home through Honolulu, and the photo and video stock is extensive!

From now on though, Sue will be really busy as she takes on more conference speaking and course presentation.

The daily administration of the Swim School will be managed by Wendy Jones (very ably assisted by our ever-smiling reception person Robyn Evans!).

### OFFICE HOURS:

The office will open from 7:45am Monday to Friday and usually won't close until

### Diary Dates:

**TERM 1:**  
2 Feb—14 Apr

**TERM 2:**  
Apr 30— Jul 7

**TERM 3:**  
Jul 23—Sep 29

**TERM 4:**  
Oct 12—Dec 13

## 'Family Swim' vouchers :

During the Summer break many of our families took the chance to use their Family Swim Vouchers for missed lessons.

The system is working reasonably well, though we are still streamlining the administration, and most families seem happy with the option.

Just a reminder of our policy:

- To qualify for a voucher, the office must be advised of an absence as soon as possible, and **no later than 9:00am of the day it will occur.**
- The voucher entitles the bearer and up to 9 family/friends to use the pool for recreational swimming for 1/2 hour (or one person for a 1hour aquarobics session).
- Bookings for the session should be made at the office as soon as practicable.
- Vouchers must be used within one month of the missed lesson, unless another arrangement has been made.

Available times for  
**FAMILY SWIMS**  
(TERM 1, 2007):

**Sundays from 9:00am-**  
**February 4**  
**March 11**  
**April 1**  
**April 8**

**OR mid-week during the day,**  
**by arrangement.**

Families are reminded that only the noodles and equipment in the labeled bin is available for use. Please do not use teaching equipment or the swim mats or platforms (no insurance cover if unsupervised by a teacher).

It is much more fun for the kids if they have someone to play with during these sessions—so consider joining with another family to use your vouchers.

### FEES:

Term 1, 2007

Fri 2 Feb—Sat 14 Apr

Monday groups:  
(9 week term)

**\$129 full term**

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

**\$123 for 3rd+ child**

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Tues—Sat groups:  
(10 week term)

**\$144 full term**

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

**\$138 for 3rd+ child**

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*Those paying per week  
MUST pay double in the  
first week, please.*

## Why swim?

Swimming is a valuable skill for everyone and for many reasons.

- **Safety.** Many of us live near water, and spend time on or in water for recreation. It is sensible to have the skills to keep safe in this environment.
- **Health & fitness.** Water activity is generally non-impact, and is beneficial for improving muscle tone, strength and aerobic fitness.
- **Fun.** Being able to swim enriches the options and enjoyment from being on or in water.

To learn any new skill however, takes time and practice. Everyone learns the same way—by repeating the activity over and over, making mistakes and trying again until we are able to perform the task. Once we learn one part of the task we can then move on to the next stage and gradually build proficiency. Children learning to swim should be given the chance to practice and develop skills at their own pace. They need to keep practicing their skills consistently, over time. The slower that children learn, the longer that they retain the skills developed. So —KEEP SWIMMING!

### BAYSWIM PRODUCTS -

*We have samples of a new  
product that we hope will  
help get rid of the chlorine  
smell on the skin.  
Enquire at the office*

## Junior Jets

Over the next few weeks some of our swimmers and the 'squaddies' will be working on their race techniques, as some prepare to enter the Junior Jets competition. This event is specifically designed for kids who aren't part of a swim club to "have a go" at competition swimming, and put into practice the skills they work hard to develop. Everyone is encouraged to have a try (events start from the 7yo age group), and there will be people there to help you find your way around.

### JUNIOR JETS:

*Sat Feb 17  
At Woodside pool  
(be there by 11:30am)*

The SAPSASA events are also coming up soon (Wednesday March 6, at Strathalbyn pool). Details are available from the schools or, if you would like further information please talk to Sue or Trudy.

### FOOD & DRINK!

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

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