



Sue Pryor Swimming

Autumn Newsletter

March 2007

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Term 2 lessons:

Over the next week could you please advise us of any changes to lesson times that you may require. Some children are starting kindy, others moving from kindy to school and many have sports training, and we understand that you need to re-think swimming times. Please speak to your teacher or advise the office of your needs (or leave a note in the money box) as soon as possible. We are heavily booked, particularly in the after-school sessions, so it will be a case of 'first in, first served'.

OFFICE HOURS:

There will usually be someone attending the office in the hours:

7:45am—5:30pm Monday to Friday
(best times 7:45—10:00am)

We cannot over-stress the importance of maintaining an ongoing swimming program. If lessons are stopped simply because the Winter months are not 'logical' times to be swimming, then most of the skills learned in the Summer months may be lost. Children learn by continued, ongoing practice and repetition of skills! The pool temperature is raised in the colder months, and change areas are heated for your comfort. Remember to bring a warm wrap (towelling dressing gowns are excellent) for that dash to the car!

Don't forget that swimming is also an excellent non-impact exercise that can benefit and assist in training (and injury recovery!) for other sports.

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Staff changes:

At the beginning of the year we advised that Katherine (KP) would be finishing up at the end of the term. We will still see her happy face at the Strathalbyn Newsagency, but will miss her skills in the pool and her great teaching of the children.

We are very sad to also announce that Tracey is leaving us and moving to New Zealand with her family in the near future. Tracey has been teaching at Sue Pryor Swimming for the past 5 years and her passion and enthusiasm (and that unforgettable laugh!) will be sorely missed. We wish her all the best in the 'big move', and hope she and her family enjoy the challenge of settling roots in their new Kiwi home.

Linsey will also be taking some time out, but for a different rea-

son (and we hope to tempt her back!). She is expecting her second child in August, so will be getting steadily bigger through the next few months. There must be something in the water around here— there seem to be quite a few pregnant tums in the pool!

ADMINISTRATION:

Sue has been busy running teaching workshops and attending National Swim Teaching and Coaching Conferences in the first part of the year (she will be a presenter at the International Conference in Qld in May), and this will continue in term 2. She has also been working with new teacher trainees. Amy, Karen, Tabitha, Julie, Stacey and Brittany will be doing supervised teaching hours and getting as much

hands-on experience as possible (as well as training workshops) over the next few months, so please make them welcome. It will be a busy time as we make the changeovers, with some settling and adjustments needed.

We take pride in our high standards of teaching, and intend to maintain that level of excellence. All teachers are taught the SPS teaching method, though naturally we all put a slightly different stamp on it, according to our different personalities. The teaching program is based on Sue's 15 years of experience teaching children to swim. The main focus is on recognising the needs and abilities of your child, and continually assessing and refining their program.

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, fees etc:

SWIMMING FEES:

We are constantly examining our costs and expenses to ensure the best use of funds, and at the same time keep fees to a reasonable level. Our swimming fees are competitive with other swim schools, particularly considering our smaller class sizes and high quality teaching.

It is important to note however, that we hold a booking for your child **for the term, not for individual lessons**. We have a high demand for places for new students, and cannot hold booked times indefinitely for children who do not attend, or only attend irregularly. We appreciate that illness or other family circumstances can alter the best-laid plans, but please contact us soon as you are aware of this, so that we can discuss the options. We value your custom, and know that you consider your children's lessons are an important commitment, so we are willing to work through things with you.

SWIM VOUCHERS 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 **immediate** family to use the pool for recreational swimming for 1/2 hour (or one person for a 1 hour 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.

Family Swim times:

A chart of available dates for Family Swims, will be available from next week .
Please fill in your times ASAP, or if you have any questions, ask at the office.

FEES:

Term 2, 2007

Mon 30 Apr—Sat 7 Jul

Monday groups:
(9 week term)

\$129 full term

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

\$123 for 3rd+ child

Tues—Sat groups:
(10 week term)

\$144 full term

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

\$138 for 3rd+ child

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

SPS swim ponchos:

We will soon be taking orders for our snazzy red towelling swim ponchos. With hood, side closures and generous fit, these will be ideal for our younger swimmers to 'wrap up warm' after lessons.

Adult swimmers:

Perhaps you have noticed a little excitement in the pool over the last few weeks? We have a few "slightly older" girls, having a go at learning to swim (one is grandmother to one of our students) This is quite a step for anyone, but particularly if you have spent a long time being just a bit scared of the water. At the end of their first lesson, one of the ladies was heard to say that the lesson was "the happiest and most comfortable I have ever felt in the water". She could swim a little bit of breast-stroke when she started, but she could

not put her face in, and wouldn't even try without goggles. After only a single session she is willing to put her whole face in, and can float/glide for short distances. After another 2 classes 3 of the ladies were awarded their 6m swim certificates, and no-one could have been more proud of that achievement. Most of the ladies want to learn to swim so they can join their families in the water, and be there to help children or grandchildren.

**No-one is ever too old to
learn a new skill!**

Squad stuff:

The SPS Squads have been working hard this term, developing speed techniques in all their strokes. Term 2 will be dedicated to refinement of skills, and expansion of lifesaving skills.

With Sue frequently away at conferences, and the commitment to teacher training, she is unable to teach lessons or take squad training regularly.

We are very excited that Trudy (after just completing a very successful season coaching the Strathalbyn Lightening Swim Club) will be taking on the squad training, as well as regular classes.

However, we need to consolidate the squads into 2 groups, swimming on Monday and Thursday nights. Could parents of the Wednesday night group please advise us ASAP of the night which suits them best.

CARE OF SWIM CAPS:

To prevent deterioration of silicone swim caps and to make them easier to put on, a little care is needed:

- Make sure the cap is rinsed and dried fully after use.
- Place a small amount of talcum powder inside the cap for storage

MURRAYLANDS CHRISTIAN COLLEGE SWIMMING PROGRAM:

We are pleased to announce that we will again be running a swimming program for the students of the Murraylands Christian College in 2007.

Lessons for the R—2 classes will begin on Monday 7 May, and continue through Term 2 (plus the first Monday in Term 3)