



# Sue Pryor Swimming

Winter Newsletter

June 2007

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## Products:

Some of you may not be aware that we have quite a few items available for sale. We supply goggles, caps, towelling wraps, swim nappies, chamois towels and swim toys. A range of swimwear items can be ordered from various catalogues, so please contact the office with details of styles, size and colour needs.

**BaySwim Products:** A range of washes and soaps are available (the Tog range) for cleansing and removal of chlorine odour from hair, skin and swimwear.

**Natural Skincare products:** We have lovely range of skincare items, made locally with natural products. Sample pots of creams and balms can be found on top of the fridge—indulge yourself!

**RED NOSE WEEK:** In week 9 of term it is Red Nose Week, and as usual we are proud supporters of this campaign and will have items for sale—keep a lookout!

### PRODUCTS:

Goggles:	Junior	\$15-17
“ ”:	Senior	\$25
Silicone ear-plugs (set of 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 wash)		\$12
Tog Rinse (hair wash)		\$12
Tog Wash (body wash)		\$12
Tog soap (face and body)		\$8
Seal dive sticks		\$25
Seal Search'n'Rescue		\$20
Clam Hunt		\$20
Kickboards		\$15

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## The “challenging

*From Swim Australia, Learning Tips, Issue 16, Nov/Dec 2006:*

Judging how far, how much and how often we ask a child to perform different tasks in the water is quite a skill. *Under* challenging the learner can result in slow or no progress, and the child may get bored or lose attention. However, *over* challenging can also cause problems. Setting a task that exceeds their emotional or physical abilities can cause apprehension, which can hinder learning as the child gets discouraged or loses confidence. Previously learnt skills may be lost, with too much time spent on practising incorrect movements. Somewhere between the

two sits a place that’s just right for each child.

As teachers, we probably spend most of our time in lessons in ‘reading’ children’s responses to challenges, and assessing where they fit. We also have to remember that what may work on one day, may not work on another. After all, everyone has good and bad days!

When a child is ready for a new step they are relaxed and enthusiastic. If they are unsure, looking for reassurance or saying “I can’t do that”, then we need to go more slowly. Crying, withdrawal or other signs are clear indications of their unreadiness for the challenge.

Sometimes we need to go back to a previously learned skill, to re-balance body positions, to slow down actions, or to re-build confidence. Children moving into a new class or with a new teacher need to be given time to adjust and ‘get their bearings’.

We can use fun, games or distraction with the ‘reluctant’ learner, and recognise each small step towards the achievement. Learners need to keep moving as much as possible, to allow lots of ‘practise’ opportunity, but also need chances to see others in the class ‘having a go’. At the end of the day it’s about patience and practise!

### Diary Dates:

**TERM 2:**  
Apr 30— Jul 7

**TERM 3:**  
Jul 23—Sep 29

**TERM 4:**  
Oct 12—Dec 13

# 'Family Swim' vouchers:

## 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).
- Vouchers are not transferable.
- 2-3 families with children of similar age will be booked at same time.
- Bookings should be made at the office as soon as practicable, but vouchers must be used within one month of the missed lesson, unless another arrangement has been made.
- Equipment (noodles and kick-boards) are available for your use in the brown bin on end of the pool deck.
- You are welcome to bring your own pool 'toys', but please only **soft** balls!

Please note that for insurance reasons, mats and platforms are not available for family swims.

From now on a qualified life-guard will be in attendance at all Family swim sessions, to supervise the pool and your safety.

We are pleased to welcome Tamra Wright for the Saturday sessions, and Sophie Koerner for Sundays.

### Family Swim times:

**A chart of available dates for Family Swims is available at the office. Please speak to an attending staff member to arrange your times.**

**If there is a particular family that you would like to swim with, who also have a voucher, then please let us know and we will try to accommodate you.**

### FEES:

Term 3, 2007

Mon 23 July—Sat 29 Sep

(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.*

*Please remember that when you book for lessons, we reserve a place for your child for the whole term—fees are TERM payments, NOT casual lesson fees!*

### SPS Calendar of Events:

*Sometimes it's hard to keep track of all the events that will occur during the year. To help you out, we will print a tear-off calendar in each newsletter for you to stick in your diary or on the fridge. (see below)*

## Winter colds:

There is a myth out there that "chills cause colds" - not true! It is viruses that cause colds. We are more prone to catch a cold in the Winter months as we spend more time close to other people inside than we do in Summer. In various studies, people have gone swimming when the temperature was below freezing, or soaked their feet in cold water for hours. When subsequently exposed to a cold virus, the "chilled" people didn't catch any more colds than those in the control group who kept warm and dry. Nor were the cold symptoms any different in each group. Colds can be caught

in Summer too—so there's that myth 'busted'!

So, although we know that we are all more likely to succumb to the sniffs and sneezes in the Winter months, some basic hygiene is more likely to save us than anything. If your child does get sick, then please let us know, particularly if they have been ill for an extended time. Their energy and fitness may take a while to recover, and their teacher can take that into account. Illness is at times unavoidable, but please don't let the cold weather dampen your enthusiasm and commitment to swimming lessons—consistency is what helps learning!



## Calendar of Events

Term 2 WEEK 6 4 June—9 June	WEEK 7 11 June—16 June	WEEK 8 18 June—23 June	WEEK 9 25 June—30 June	WEEK 10 2 July—7 July
newsletter	<i>Notify us of changes needed for Term 3</i>	<i>Notify us of changes needed for Term 3</i> <i>Holiday bookings</i>	<i>RED NOSE WEEK</i> <i>Invoices for outstanding fees.</i>	<i>HACKY WEEK</i> <i>Term 2 ends</i>
Term 3 WEEK 1 23 July—28 July	WEEK 2 30 July—4 August	WEEK 3 6 August—11 August	WEEK 4 13 August—18 August	WEEK 5 20 August—25 August
<i>Term fees due, or pay double weekly fee in week 1</i>				<i>SAFETY WEEK</i> <i>(bring clothes to swim in)</i>