



Babies—learning & water safety

by Sue Pryor

I have just returned from the World Aquatics Baby Congress in New Zealand and it reinforced the importance of bonding with your child as one of the main aims of baby swimming. For this reason we recommend that parent(s) remain in the water as long as possible, rather than the teacher being the one to handle the child. The parent is an extra pair of hands and eyes, so your child can have continuous swimming activities. Parents are urged to stay in until the child can swim across the pool unaided on their front and back. Once they can achieve this confidently they are ready to begin strokes, at which stage they need to listen fully to the teacher.

During the 'weaning' process we ask that the parents have less verbal input—allowing the teacher to set the mood and the activities, with parents providing the support. We aim to encourage your child to be independent in the water, but also to be safer and respectful of the water. To do this the children must first learn how to help themselves (swim to a safe place

and hold on to it). When they can do this they are able to pull themselves up to safety and get air, while retaining their footing and balance. Parents need to be there to give some aid, but the child needs to learn the skill by themselves. As parents, we often panic, not believing that the child has the breath holding capacity, and so we tend to pick them up. However this sets up a dangerous situation as the child lies face down in the water, they wait to be picked up and don't learn to get themselves out of trouble. Parents should only help by giving a gentle nudge towards the safe point. We can also teach the child to hold their breath for up to 7 seconds so that they have time to get to a safe place, or to roll onto their backs (another 'safe' place!).

Other skills which are important are 'drop downs', turn around to where they fell from and hold on (parent, wall, platform, ledge, mat) from sitting, standing, front and back. Active supervision is essential, but learning to be safe needs lots of practice!

Babies— Learning & water safety	1
Summer Holiday Lessons	1
Fees, absences and cancellations	2
Invoices, booking confirmations	2
Products for sale	3
Lost property	3
New babies	4
Changes for term 1 2008	4
“Bad” behaviour	4

Summer Holiday lessons

We are pleased to announce that we will again be running a number of swimming classes during the Summer Holidays. This will be of particular benefit to those children who won't have the opportunity to spend time in the water over the break, therefore ensuring some continuity. During a long break children may lose some skills if they don't have the chance to practice—so keeping their swim-

ming going is really important. It's also a good chance for new families to 'have a try' - so let your friends know!

Please note that classes may not have the same teacher as during the term, as some teachers are not available.

Classes will be run Monday to Thursday by Trudy, Amy, Karen, Colleen and Tabitha.

Some classes may be offered in the week leading up to Christmas (17—20 December). Holiday classes then begin 2 January until the start of our new term 1.

Please place your bookings as soon as possible so that we can plan classes. The holiday class booking sheets are available in the office, so speak the staff about your needs.

Diary Dates:

2007:

TERM 4:

Mon 15/10—Sat 15/12

2008:

TERM 1:

Fri 1/2—Sat 12/4

TERM 2:

Mon 28/4—Sat 5/7

TERM 3:

Mon 21/7—Sat 27/9

TERM 4:

Mon 13/10—Sat 13/12

Fees, absences & swim vouchers in 2008

ABSENCES FROM CLASS:

Please advise us before 9:00am (or as soon as you are aware that a child cannot attend) on any day that a child will miss a lesson. We can then let the teacher know and you will qualify for a Family Swim Voucher. Vouchers are placed in the plastic holder by the cash tin and should be used within 1 month of the missed lesson. Please make bookings for your Family swim or aqua session at the office.

CANCELLATION POLICY:

Please note that when you enrol your child for lessons we reserve a place in a class for the whole term - it is not a casual booking. Sometimes things happen though, that mean you have to cancel for part of a term (we've had a few kids with broken limbs this year!). If your child will be unable to attend for quite a while then it may not be appropriate to hold their place in the same class. The group may have progressed ahead and the recovered child may need time to regain fitness and skill. In this case we will roll over fees until the next term. If however, you do wish to hold the child's place then we will add a small holding fee.

FEES FOR 2008:

We have been working hard to keep your fees down, and will continue to do so, but our costs are still spiralling. Unfortunately, we can no longer absorb these cost increases and we will have to increase the fees in 2008. We really value your custom, but we have delayed any fee increases for as long as possible.

NEW PAYMENT METHOD:

We will also be moving to a new payment method. We have tried offering various options (eg. term, monthly and weekly) but this is not proving effective or efficient. As any business manager would understand, it is essential that income streams can be predicted, so that budgets can be maintained.

As of Term 1, 2008, we will be asking for the full term payment to be made by the second week of our swim term. We will no longer take weekly or monthly payments. If payment is not received by the end of week 2, then accounting and administration charges will also be accrued.

Adoption of the 'Term Fee Payment' will bring us in line with the current standard practice for most private swim schools in Australia. We understand that the changes we are proposing may create difficulties for some families, and we are aware that you have to make your budgets work as well. If you need to discuss your situation, then please speak to Sue or Wendy as soon as possible.

We also realise that the Term 1 payment coincides with Christmas and the start of the school year, but hope that you can accommodate the changes.

Our focus is on offering you the best quality classes, teachers and services. We thank you for your co-operation and understanding, and look forward to seeing you back in 2008.

<p><i>Term 1, 2008</i></p> <p><u>Swimming Lessons:</u></p> <p><i>Mondays</i> <i>(8 week term):</i></p> <ul style="list-style-type: none">• \$125 term fee• \$110 for 3rd+ child <p>*****</p> <p><i>Tues-Sat</i> <i>(10 week term)</i></p> <ul style="list-style-type: none">• \$156 term fee• \$142 for 3rd+ child
<p><u>Aquarobics:</u></p> <ul style="list-style-type: none">• \$10 per session <p><u>Lap Swimming:</u></p> <ul style="list-style-type: none">• \$5 standard rate• \$4 concession rate

Invoices and stuff by Wendy Jones

Firstly, an apology. There has been some confusion about what is happening with fee invoices, statements, and booking confirmations. In the past, when our swim school was much smaller, we did not provide any documentation—it was still an 'honour system' with money paid into a biscuit tin! However, as the number of families swimming with us has grown, so has our need to update our recording methods. It's been an evolving process, and not without hitches!

We have two computer programs for managing the records; the swim school 'Splash' database and the accounting software. Sometimes they don't quite 'gel' together, but I think I have sorted out these problems.

Cash payments into the box has been an ongoing issue, with some money not having a name attached and no clearly verifiable way for us to track who has paid what and when. The triple receipt system will hopefully resolve this, so please make sure that you either fill out the receipt book or bring money directly to the office when making payments. In the first 2 weeks of term we have someone in the office during all lesson times to receive cash or cheque payments. We do not have a credit card or Eftpos facilities, but welcome on-line transfers. Please make sure that you write your child(ren)s name on the back of cheques, or that you provide name details with on-line transfers. We still get the odd bank transfers just labelled

'swim fees' - a bit difficult to track! Anyway, from now on you will receive: **Booking Confirmation** with the day, time and teacher for the next terms classes, and the amount due for that term. These will be sent by email or available as hard copy (for those without Email access) from the second last week of term - week 8 of a 10 week term). New enrollments will be provided with confirmations within a few days of booking.

Account reminders will be sent by email or given as hard copy for any amounts outstanding after week 2 of a new term.

Thanks to everyone for your patience while I've been sorting it out!

Products for sale

We have a large number of products available for sale from Sue Pryor Swimming that you should check out!

HEALTHY FOOD & DRINKS:

- Bio-dynamic and standard flavoured milk and fruit yoghurts
- Fruit juice ice-blocks
- Bottled water
- Fruit juices
- Fruity mineral water
- Dried fruit & choc/fruit confections
- Fresh seasonal fruit
- Tea (plain & herbal varieties), coffee (+ Decaf), hot chocolate

NATURAL SKIN CARE:

We have a lovely range of locally produced natural skin-care products. There are 'testers' on the top of the fridge for you to try - moisturisers, balms and treatments made with the best quality ingredients and essences. Spoil yourself or buy as a special gift.

SWIMWEAR:

Lots of stuff! From bathers and caps, swim bags, swim nappies (and swim shorts for the well dressed little man), silicone ear-plugs, goggles, kickboards, dive toys. We also carry the Togz range of after-swim products, specially designed to remove chlorine residue.

PLACE ORDERS AT THE OFFICE

Naming clothes & goggles

We have a huge amount of 'lost property' in the office and the bin by the door. It ranges from shoes to towels, clothes and drink bottles, to jewelry, keys and quite a few odd socks. We also have a bucket load of 'lost' goggles. Could you all please check through the gear, and ask at the office if your child has misplaced their goggles. If it can't find it's proper home, the clothing items will soon have to be sent on to charity, and the goggles will go into the 'spares' store.

To save a lot of this problem it would be most helpful if you named all of the items that your child brings along to swimming, *including their goggles*. Permanent marker will work quite well for a while to apply your child's name to the head strap, and then any lost pairs can easily be returned to their owners

by the class teacher. Keep checking the label hasn't faded though.

If you are having trouble keeping all the stuff together, why not purchase one of our Sue Pryor Swimming mesh swim bags? The navy, draw-string bags with our logo can have a name tag attached. Please enquire at the office.

Please, please, please check the 'Lost Property' box—it's overflowing!

On time!

Just a couple of gentle reminders about our policy for lesson starts and finishes. Lessons begin and end promptly on the hour/half hour and will not be held up to wait for latecomers. If your child is late to arrive we ask that they wait at the top of the steps until the teacher is aware of them, and invites them into the pool. It is a shame for them to miss the start of the lessons—diving or warm-up laps (their time for physical and mental preparation), so please try to get here on time. We know that some families are

coming from quite a distance, and that it is a stretch to get here on time, but for the local kids it should be possible. If you can arrive about 5 minutes early, then neither you nor your child arrive stressed, and the child is able to get their head 'thinking swimming'.

To help the smooth flow from one class to the next, please get your child to wait at the 'goggle tree' post or at the top of the steps on the blue floor area (with their goggles!), as directed by their teacher.

Every so often there will be a small delay to the start of a lesson as gear is changed over (eg. platform in or out). Generally a teacher will ask the second teacher to help start their class while they are doing this, or get the children in and onto the ledge. Every effort is made to ensure that each class runs for it's full half hour. We are very aware that you need to get the maximum value for your fees, but please be patient with these occasional short delays.

PRODUCTS:	
Goggles: Junior	\$7-17
" : Senior	\$25
Silicone ear-plugs (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)	\$12
Tog Rinse (hair wash)	\$12
Tog Wash (body wash)	\$12
Tog soap (face & body)	\$8
Seal dive sticks	\$25
Seal Search'n'Rescue	\$20
Clam Hunt	\$20
Kickboards	\$15

SPS 2008 calendars & Christmas colouring books

New Babies:

There is quite definitely something in the water around Strathalbyn! There seem to be a huge number of pregnant ladies attending the swim school - it's lovely.

So Mum, you've already got one child having swimming lessons, and you have another one due soon. How do you cope with an active youngster and a baby for those swimming lesson times? Here are a couple of things to think about that may make your life a little easier, and still keep children swimming.

Firstly, it's really important that the first child continues their lessons. They have been learning and practicing their skills for some time and this will obviously be set back if their classes don't continue. It is also very important that 'their' activity is not interrupted by the arrival of a new family member. They need the security of

knowing that *their* special time in the pool is still going to happen, even if other things change around them. It's a time when the focus is on them and what they can do.

But, what if they have been used to swimming with you in the water? You have a new baby to care for and can't be in two places at once. The best thing to do is to work towards an alternative system ahead of time (ie. before the new baby arrives). Find a relative or friend who can take your older child in the water, and start the change-over soon. Talk to the older child about the change, and explain that this is a chance for you to *watch* how clever and grown-up they are, while you look after their new sibling. The new in-water carer is also going to need a bit of time to 'learn the ropes' (what is expected of them, what are the activities, and safe practices).

If you are ready to start lessons with the new baby but can't work out how to 'mind' two children at once, we can work with you to find times to fit when the other child is at school, kindy or day care. Sometimes it is possible for the teacher to take your older child in the water, but we cannot guarantee that option.

We hope these ideas and strategies will help the new Mums, but if you are having problems, please have a chat to your teacher, or to Sue or Wendy. We'll see if we can come up with a solution.

—keep on swimming!

Did you know?

At birth a child's head is one fourth of its body length. An adult's head is only about one tenth of its body length.

The child's arms and legs take up only a quarter of the total length of the body. An adult's arms and legs take up half the body length.

This means that effective arm and leg movements are difficult for a child before they have reached a stage of development which makes possible coordinated movements.

Changes for next term

Some of the kids will be starting school or kindy next year, or your circumstances may have changed, so if you need to change the day or time of your child's swimming lesson please advise us as soon as possible. Speak to your teacher, leave a note in the cash tin, phone or Email .

The bookings for Term 1, 2008 will be prepared over the next couple of weeks, with confirmation notices going out in week 7. Lots of effort goes into finding the right mix for each class, so the more time we have to juggle it the better!

If you know of other families that are interested in starting their children in swimming lessons then please encourage them to contact us soon. We have business cards and leaflets in the office with contact details for phone, fax and email, as well as the website address.

Holiday classes will be a good starting point for new swimmers, and we can assess their water confidence and abilities. We will have some time slots available specifically for 'start-up' families.

CONTACT THE OFFICE NOW!

Dates to remember:

Week 6: newsletter

Week 7: final booking changes

Week 8: confirmations & invoices sent

Week 9: Hacky week

“Bad” behaviour?

Sometimes children will seem to be “naughty” during their lesson, which may be a sign of fear or lack of confidence. Managing this during class needs to come from the teacher, rather than the parent. Why? If the parent interrupts to discipline the child, then they are placing that child in a conflicting situation. Who do they pay attention to —the teacher or the parent? Most times, we prefer to ‘discipline’ children by distraction, or praise and reward for ‘good’ behaviour, although there are times when a quiet, but firm direction is

Children respond well when they know what the boundaries are, and also when they can understand consequences (say, doing something that is ‘unsafe’). They also love to get praise for the things they did well, rather than a focus on negatives.

A little word—please don't tell them they can't go swimming if they misbehave at home! Any ‘punishment’ should be immediate and related to the incident of poor behaviour. Swimming lessons are not a reward, they are a life skill!