



# Sue Pryor Swimming

Summer Newsletter

November 2009

## WORLD AQUATIC BABIES CONFERENCE - CANADA

Sue has returned from an inspirational World Aquatic Babies conference in Canada. The speakers came from the UK, USA, Australia, Mexico, Canada and Denmark and discussed a wide variety of topics.

All presenters agreed that swimming lessons need to be fun and stimulating, offering the children challenges about buoyancy and gravity for them to experiment with. This enables them to become confident, independent swimmers and develops their thinking and problem solving skills.

All mentioned the importance of the role of the parents in achieving these aims as you are able to reinforce the skills at other times.

Baby brains are wired from birth in such a way that active movement (especially rolling front to back to front again) and repetition of the appropriate skills is essential for the brain to better develop this wiring. This stimulates the vestibular system which develops balance and focuses attention. By including songs and games they are encouraged to experience the water as well as develop a sense of language and music.

Independent, active movement is more valuable than being held while they swim. The young swimmers also need to be able to maintain/change position in the water in a controlled way with parental and teacher supervision, guidance and encouragement, to make them more confident, safer swimmers. Sue left the conference feeling confident that our lessons are on a par with those seen and discussed (which are the best in the world).

## AIMS AND LEVELS

We have changed our levels and programs this year and from the feedback gained we can see that they are working well.

By making sure at the initial level that all our swimmers are comfortable in all parts of the pool (including on the bottom of the pool and at the deep end) they are then better prepared to progress to the basic propulsive stage which then prepares them for the strokes levels.

Once they know the effects of gravity and buoyancy, they learn to trust and respect the water and so become safer and more confident swimmers.

## AFTER COMFORT

Our other major aim is respect for the water. This makes your child safer in the water as they learn their limitations. Part of this involves beginning to wait until an adult says it's ok to swim. Realistically, your young child won't wait too long so the parents role is to expect "wait, ready, go!". This makes it safer and easier for you if you are swimming anywhere with 2 young children by yourself. If they know their limitations and boundaries, they will be safer as well as learning to swimming to a safe place by themselves and pull themselves up independently.

## TERM 1 AND HOLIDAY LESSONS

Sue is starting to plan **Term 1** and **holiday lessons** and would like to know **ASAP** what your needs are for both these times. Please let the office staff know if you

- 1) wish to stay the same for Term 1 2010
- 2) wish to change times for Term 1 2010
- 3) are interested in holiday lessons (intensive week of lessons or 1 lesson each week for 4 weeks).

Dates - January 2010 (exact dates to be advised), days will depend on teacher availability.

When making enquiries please indicate which days you are available for holiday lessons.

## TEACHER CHANGES

Change can be a difficult process for some children (and adults) so please prepare your child (or yourself if necessary) that your child's teacher may change next year as our teachers life commitments change. Tabitha will be at University next year, so her days will probably change but we don't know the details yet. We will advise you of any changes as soon as we know and we apologise for any inconvenience created.

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Diary Dates: 2010

**TERM 1: Fri 29/1 - Thur 1/4**

**Tue/Wed/Thu/Fri/Sat - 9 weeks**

**Mon - 8 weeks**

**TERM 2: Mon 19/4 - Mon 28/6**

**Tue/Wed/Thu/Fri/Sat - 10 weeks**

**Mon - 9 weeks**

**TERM 3: Mon 19/7 - Sat 25/9**

**10 week term**

**TERM 4: Mon 11/10 - Sat 11/12**

**9 week term**

### Term 1 2010 Swimming Lessons 9 week term fee

\$149 for 1st child

\$141 for 2nd child

\$134 for 3rd+ child

### 8 week term fee

\$132 for 1st child

\$126 for 2nd child

\$120 for 3rd+ child

### Aquarobics

\$11 per 1 hour session

### Lap Swimming

\$5.50 standard rate

\$4.40 concession rate

### Pool hire - for 1/2 hour

\$16.50 up to 7 swimmers

\$25.00 for 7+ swimmers

## LEARN TO SWIM – BUILDING BREATH CONTROL

by Laurie Lawrence

Breath control is an essential element in the learn-to-swim process. By teaching children breath control we ***make first submersion free from fuss and trauma.*** Teaching breath control to babies from 0-2 years is best done by ***conditioning.*** Here we prepare baby for their first underwater experience by conditioning them to react and hold their breath in response to the verbal conditioning trigger, “Ready go!”

Because the water runs quickly, smoothly and evenly down the forehead, baby should not ingest any water. With daily practice baby will soon react positively to these ‘trigger words’ by being ***happy and confident with water on the face and closing their eyes on the trigger.*** Once the teacher or parent notices this positive reaction, ***baby is ready for their first submersion.***

***By two years of age teaching breath control by conditioning becomes less effective.***

While some children may still accept the conditioning process other will protest. This protest occurs because at this age children understand a lot more about their environment and are ***starting to form their own opinions, ideas and fears.***

***At this age children need to participate voluntarily in breath control activities.***

They can follow instructions and need to be ***encouraged to put their faces underwater.*** Importantly, ***a child’s head must never be held or forced underwater.***

Once children have mastered breath control and are happy with their submersions we can ***extend the time that is spent underwater.*** In the initial conditioning, the water runs quickly over the face. When trying to extend the

breath control and teach babies to hold their breath for longer periods of time the parent or teacher can ***practise a slow long pour over the face.***

For best practise use the ***trigger words,*** pour the water on top of the forehead and as ***you pour count 1,2,3.*** Then repeat again and pour for the count ***1,2,3,4*** and again for the count of ***1,2,3,4,5.*** By building the skill in this way it will be easier to perform submersions for the count of ***3,4 and 5 seconds.***

***As children grow with age we can instruct them to submerge their face and keep it underwater for the count of 5 to 10 seconds.*** Once again we are building the swimming skills. Always remember that we should never forcibly submerge any child as this will cause discomfort and distress. ***Swimming should be a happy and positive experience for both parent and child.***

### NOTICEBOARDS

We currently have 2 noticeboards and we will be creating a 3<sup>rd</sup> as we have so much information that we want to pass onto you.

Weekly Noticeboard will remain above the entry ramp and notes on this change weekly and are for procedural items necessary for the smooth functioning of Sue Pryor Swimming. These notices are emailed weekly if we have your email address on file.

Large Noticeboard near the playpen. This is for general information on our aims, courses and safety.

Swim Tips board will be next to the fridge in the change room/reception area. These articles are interesting and relate to swimming and parenting tips.

Please find the time to read these boards (in between all the other things you have to do).

### CUEING



Babies and comfort swimmers especially need to keep swimming somewhere during the Christmas break or they will forget and lose confidence.

The pool can be hired for \$16.50 per 1/2 hr or hire as a group up to 7 people and share the cost.

## RECYCLE, COMPOST – ENVIRONMENTALLY FRIENDLY

Sue Pryor Swimming strongly supports a ‘green’ environment and we try in as many ways as we can to achieve this.

The toilets are an aerobic waste system so the waste water is re-used (once treated) on the fruit trees. For this reason, please only place toilet paper in the toilet (place feminine hygiene products in the appropriate disposal unit in the shower room).

To aid in our endeavours, we also have ***NO BINS*** inside the building (except for hand towels only) this helps to keep ants out but also then enables you and us to

place the waste products in the appropriate bin ***OUTSIDE.***

There are 4 bins, clearly labelled (including with photos) to help you determine the correct bin.

- 1) ***COMPOST*** - any food and paper scraps
- 2) ***DEPOSIT DRINK CONTAINERS*** - cans, bottles and cartons ***ONLY.*** Please ***NOT*** recyclable coffee cups!!
- 3) ***YELLOW RECYCLABLE BIN*** - for any other products which can be recycled. This includes paper coffee cups.

#### 4) ***BLUE BIN***

- nappies
- plastic iceblock covers
- cut off end of “Quelch” blocks (into blue bin and please wash the scissors, ant control)
- non-recyclable items

Please take the time to familiarise yourself with our environmentally friendly system. This is done very well in Canada – there are recycling and ‘compost’ bins readily available everywhere.