



# Sue Pryor Swimming

Autumn Newsletter

August 2008

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## OUR AIMS

We have never written down our aims for you to see. We have mentioned them in passing in various articles but never as a list so here they are.

- encourage respect
  - for ourselves
  - for others
  - for water
- take responsibility for own actions
- safe independence in the water
- quiet, gentle, nurturing environment
- set swimmers up for success
- positive learning environment
- individualised lessons where all progress at their own pace
- confident, controlled and balanced swimmers who are comfortable in the water at all depths
- teach options to swim to a safe place (their responsibility)
- make safer in water from entry to exit methods
- educate our parents in all aspects of your child's swimming progressions and skills
- information on latest trends and thoughts related to swimming, parenting skills, health, nutrition, competitive swimming, benefits of exercise
- teachers to update their skills and knowledge as often as possible

So far we have all attended the national Austswim conference in the holidays and a strokes clinic by one of Australia's leading coaches. Sue also presents workshops locally and at the national ASCTA conference in addition to conducting Austswim and Junior Coaching courses for trainee teachers.

### Diary Dates:

**2008:**

### TERM 3:

**Mon 21/7—Sat 27/9**

### TERM 4:

**Mon 13/10—Sat 13/12**

### Holiday lessons

**Mon Jan 5th—school starts**

\* **Times to be announced**

## Admin extras

### HOLIDAY LESSONS

This is an ideal way to keep your child swimming through the holidays.

weekly lessons OR intensive lessons—every day for 1 week. Enrol at the office now

### VOUCHER SWIM Dates

Sat 30th Aug—1.00pm  
Sun 31st Aug—3.30pm  
Sat 13th Sep—12.30pm  
Sun 14th Sep—3.30pm

...and the first week of the holidays

Please check at the office for exact times and make your booking within the term of absence

### SAFETY WEEK

**WEEK 8 (starts Mon Sep 8th)**

All swimmers to wear clothes over bathers

- long sleeved top
- Windcheater
- Long pants (only for 25m & above)

### Term 4 2008

#### Swimming Lessons:

Due to increased running costs, please note that there will be a price increase in term fees in Term 4 2008—we will advise the new fees as soon as possible

#### Aquarobics:

\$11 per session

#### Lap Swimming:

\$5.50 standard rate

\$4.40 concession rate

## Baby classes

Following on from the last newsletter is more information to help parents of beginner swimmers

- read your baby's body language - bubbles, head back or rolling over mean that they are running out of air
- They need a safe place to swim to so leave your arms extended within their reach and let them pull themselves up for air rather than you lifting them up
- They need to learn to pull themselves up for air otherwise they rely on you all the time and so are not as safe
- Allow 7 seconds for them to think of safe options to land
- Cue your baby using 'ready, set, go' then lift and GENTLY help them to go under the water
- Be consistent in your cueing
- Watch their mouth to see that they don't drink
- Eventually let them swim unaided and without a cue
- As they become more daring, teach 'wait' then 'go'
- Safe landings are at a variety of places—your forearms (not hands), wall, ledge, mat, on their back, steps, platform are all safe landing places so we have to teach them to 'spider finger' up the wall or across the flat surfaces
- LET THEM DO IT
- READ article near fridge

## Terms and Conditions

### New Account Details for Direct Credit Payments

Please note we have changed our bank account details—please update your records

Westpac Mt Barker  
BSB: 035094  
Account No: 17-3219  
Account Name: Sue Pryor  
Swimming

Credit Card facilities available from term 4

Other payment options

- online
- cheque
- cash (well identified)

Receipts will be given

### POLICIES

You will all have received a copy of our policies so I hope that helps you in your planning and understanding

### Confirmation of classes for term 4

We need to know definitely by next week your plans for Term 4 please

### SPECIALS

#### BATHERS

- girls sizes 3-14
- ladies sizes 10-12
- boys sizes 2-5

#### Plan for Christmas

- SPS caps
- SPS swimming bags
- SPS vouchers
- SPS colouring books and puzzle books
- diving toys
- Bayswim products
- chamois
- goggles

### WANTED

#### Trainee teachers

If you love water and kids and have some spare time please consider a new career.

No experience necessary

## Re enrolment for term 4

We are continuing the system we used last term to make it easier for you

There is a complete list of current enrolments on the wall above the drawers

Would you please **mark on that sheet TODAY**

- **YES** if you wish to stay as you are
- **EXIT** if you are not continuing next term [would appreciate reason for exit and whether you are planning to return]
- **CHANGE** if you need to change or would like to try to change

If so please indicate on the sheet your preferred times and also when you **CANNOT** attend as this makes it easier to find the right class

We spend a lot of time trying to get the classes just right or the best that we can but we need your help by replying **ASAP**—the sooner we know the sooner we can confirm your new class and get invoices out in the last week of this term