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## Safer holiday swimming

Summer is going to be hot so there will be lots of swimming on the agenda but it may be at new or different venues.

This means that the water temperature will be different, the water space (size, colour, depth), crowds as well as the environment (lake, river, dam, beach).

Each of these new environments have their own qualities, many of which may present dangers especially if you do not know the area.

Most drownings occur in inland waters so if in a new town please ask the locals for the safe and unsafe swimming areas.

When at the beach make sure you swim between the flags (but also ask the life-guards why and how they have chosen the safe area).

Swimming safely here in a warm controlled pool environment does not necessarily mean that your child will swim as well or as safely in a new environment (even though we try to simulate them in Safety Week in week 8 - this term we will be at the beach).

Flotation aids in open water areas can be very dangerous so please consider the weather and water conditions before using them - this includes beach balls.

If boating again check the weather conditions before departing as conditions on open water can change very quickly.

Having said all that please have a fun swimming holiday but a safe one.

### Diary Dates:

#### 2009

##### Term 1

(Note: Term 1 begins on a Friday not a Monday)

**FRI 30/1 - Thurs 9/4**

##### TERM 2:

**Mon 27/4 - Sat 4/7**

##### TERM 3:

**Mon 20/7 - Sat 26/9**

##### TERM 4:

**Mon 12/10 - Sat 12/12**

### Term 1 2009

#### Swimming Lessons

##### 10 week term fee

\$165 for 1st child

\$157 for 2nd child

\$150 for 3rd+ child

##### 9 week term fee (Mon only)

\$149 for 1st child

\$141 for 2nd child

\$134 for 3rd+ child

#### Aquarobics

\$11 per 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

## Admin extras

### HOLIDAY LESSONS

#### Weekly lessons

4 x weekly lessons - \$64

Friday Jan 2nd

Thurs 8th & Fri 9th

Mon 12th & Tues 13th

Thurs 22nd & Fri 23rd

**Intensive week - \$80**

Jan 5th - 9th

### HOLIDAY SWIMS

It is very important to keep your young swimmers in the water regularly but please continue our methods rather than take the 'easy way' with floaties - reinforce that they must wait for a turn and swim to a safe place.

Pool is for hire if wish.

### VOUCHERS

**Grandparents** - are you finding it hard to find a worthwhile gift for your child and/or grandchildren?

Consider investing in their safe future by buying a **voucher** to pay all/part of their lessons

**LOST  
PROPERTY  
Please check**

## New strokes progressions

During terms 3 and 4 we have been experimenting with new strokes progressions and we will be fine tuning them during the holidays.

Instead of teaching above water recovery for freestyle and backstroke we are concentrating on the underwater aspects and timing first and adding the above water later.

The underwater actions are where the power and therefore speed is generated and also the body position is best maintained. Once the arms recover out of the water, gravity takes over and can make floating and buoyancy harder.

We are also working on correct timing early in their learning stages rather than at the end as we have done previously.

All of this will still be based on how we best learn new skills (1 step at a time, done perfectly).

Breaststroke progressions are also being changed as the kick is the most difficult part of the stroke, so we will be teaching it later and concentrate on introducing breathing earlier.

Some of the beginner programmes may change slightly, with extra certificates and milestones being added.

Please bear with us and we would love to hear your feedback about the changes.

Strokes development depends on the age of the swimmer (see article on the wall near the fridge).

The head size in relation to arm length is why we streamline our young swimmers with 'Superman' arms as this allows the big head to balance down between the arms for faster and easier swimming.

## Christmas SPECIALS

Colouring books

Puzzle books

Bathers

Goggles

Vouchers

Water toys

Swimming bags

Swimming caps

### Best deal

**\$10 bathers (small sizes)**

**Any 2 items reduced to \$20**

**Normally \$40**

### Other Specials

**Bathers - sizes 2-6**

**- boys and girls**

**\$10 each**

## Water Permit

You may have noticed the tennis court is a little greener ie just alive, and that is due to a permit from SA Water allowing 1 hour per week of 1 end of the court only.

To stop the dirt coming into the pool we are watering the other end with our precious rainwater and recycled water.

## Head Lice

Please **DO NOT SWIM** if you have head lice as they do not die in chlorine!!!

They are still highly contagious even in chlorine.

Conjunctivitis is also still contagious in the pool and will not be comfortable for the swimmer so again please no swimming.

## COURSES

### Austswim

**Dec 6th and 7th**

**Junior coach**

**Nov 29th and 30th**

**See Sue for details**

## Safety Week

**Dec 1st - Dec 6th**

**Bring your clothes for a day at the beach**

## Re enrolment for Term 1

We are persisting with the new system again so please help us to make it work.

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 (we would appreciate reason for exiting 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 act and confirm your new class.

Credit Card and online payments are working well—thank you for prompt payments