



November 2011

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BENEFITS OF HOLIDAY LESSONS

Since there is a large break in lessons between the end of Term 4 and the start of Term 1, we now offer holiday lessons for all levels, but especially for the babies and all yellow levels, to maintain their confidence.

All the swimmers need to have time in the water during the break to maintain their confidence as well as their skills.

Some suggested ways to keep them swimming are -

- 1) Holiday lessons (4 lessons in January).
- 2) Regular family swims
 - at Sue Pryor Swimming (hire the pool - \$18/ 1/2 hour)
 - at any pool
 - at the beach.

Some hints to maintain skills and confidence

- 1) Encourage and practise the skills they learn here.
- 2) Must be on a regular basis (at least weekly, more often is better).
- 3) Not just play - allocate at least 1/2 the session revising skills or practising new ones.

4) DO NOT PUT THEM IN FLOTATION DEVICES

- this gives them a false sense of security
- this **ALTERS THEIR BODY POSITION!!** and can take up to a term to correct
- if you are supervising 2 or more, then please still don't be tempted to use floatation - rather

- a) teach them to wait in a safe place
- b) watch *that* child while the other swims to you
- c) both swim at the same time to your outstretched arms.

STILL HAVE FUN but remember what you have paid for in lessons - build on these skills so that you get more benefit for you money.

Benefits of Holiday Lessons

- 1) A chance to try our methods to see if you like them.
- 2) A chance to work on any skills that they may have been struggling with.
- 3) A chance to learn new skills while 'fresh' over holidays.
- 4) To continue and maintain confidence.

Booking Details

Times will be made available soon. Please check the notice-board each week or leave your name and details with Admin.

COURSES COMING UP

SAT Courses

Baby & Toddler Course
18th December 2011

General Teacher Course
29th January 2012

Diary Dates: 2012

TERM 1: Mon 30/1 - Thu 5/4

TERM 2: Mon 23/4 - Sat 30/6

TERM 3: Mon 16/7 - Sat 22/9

TERM 4: Mon 8/10 - Sat 15/12

Term 1 2012
Swimming Lessons

Mon/Fri/Sat
9 week term fee

\$157.50 for 1st child
\$150.00 for 2nd child
\$142.00 for 3rd+ child

Tue/Wed/Thu
10 week term fee

\$175.00 for 1st child
\$166.25 for 2nd child
\$157.50 for 3rd+ child

Aquarobics
\$12 per 1 hour session

Lap & Rehab Swimming

\$6.00 standard rate
\$5.00 concession rate

Pool hire - for 1/2 hour
\$18.00 up to 9 swimmers
\$30.00 for 9+ swimmers

TERM 1 2012

Sue is starting to plan *Term 1* and would like to know **ASAP** what your needs are for next term?

Please let the office staff know if you -

- 1) wish to stay the same for Term 1
- 2) wish to change times for Term 1

HYDRATE FOR HEALTH

Keeping yourself well hydrated is a key consideration for achieving optimal health and maximising exercise performance. *Our bodies consist of approximately 60 percent water and a drop of just a few percent can result in adverse symptoms.* The reason for this is, water is needed to *control body temperature* as well as for the *delivery of nutrients and excretion of wastes.* Water also forms *the medium in which the body's many chemical reactions occur.*

How do you know if you're hydrated? *By the time you're thirsty you can be already dehydrated by half a litre or so,* therefore thirst cannot be relied upon to monitor hydration status.

The best way to keep check on your level of hydration is by *monitoring urine output. When fully hydrated your urine should be clear and odourless* - although vitamin B2 can give a bright yellow appearance.

The Best Way to stay Hydrated??

On an average our body *loses approx 2.5 litres of fluid every day,* 8 glasses which is why you should aim to drink this much each day. Fluid needs to be increased during hot weather and high activity.

Plain water is always a good hydration.

Sports drinks have been specially formulated to put back in what the sweat takes out, which includes water and electrolytes. They also provide energy for exercise. **It can take 30 minutes or more of walking to burn off the calories in a bottle of sports drink.**

The *new breed of 'sports waters',* including **Mizone** and **Powerade** Sports Water, lie somewhere between plain water and the sport drinks. They are flavoured to encourage consumption but possess about *half the energy of sports drinks* (around 60-80 calories per bottle) and have a lower concentrations of electrolytes.

Waterplus from **Sanitarium** is similar to these and contains 2 calories per bottle. These drinks are *ideal for individuals who do not exercise excessively or for long durations, or for those who are watching their weight.*

JEM DESIGNS

Jem Designs will be coming to the pool on Friday November 25th at 9:30am with a selection of Ladies Bathers.

If you have any special personal needs ring Jem Designs and they will try to accommodate you.

Phone: 8344 9744

WATER SAFETY TIP

Water safety begins with you!!

Regardless of swimming ability no person is drown proof. Ensure that there is adequate supervision at **ALL** times when your family is in or around water.

AIMS FOR YELLOW LEVELS

You may have noticed that in the yellow classes your child is not taught to kick, paddle or blow bubbles. The aim of this level is to feel and trust buoyancy at all depths of the pool, in preparation for propulsion and bubbles in the green levels. Breath holding is taught as this is safer if they ever fall in (which we hope they never do).

Yellow Level 1

I know I'm about to go under water
I can hold onto the wall by myself for 5 seconds
Congratulations Mum/Dad you let your baby swim unaided
3 sec swim
5 sec swim

Yellow Level 2

I can pull myself to safety
I can be pulled to safety with a variety of equipment
I can hand walk around the pool to safety
I can Spider finger across the ledge
I can enter and exit the pool safely
I can put my face in the water
Rocketship
I can open my eyes under water without goggles

Yellow Level 3

7 sec swim
front balance [jellyfish]
starfish [back balance]
I trust buoyancy in all depths of the pool
I can be thrown away and return to a safe place
Level 3 SAFETY

Yellow Level 4

I can swim to the wall by myself and hold on humpty dumpty
I am a good listener
I can climb out by myself
I can wait and show ready
6m swim
Level 4 SAFETY