

# Swim Safe Swim School

Developing confident, safe swimmers



## Parent Newsletter Term 4 2011

**Looking Back...and Moving forward** In July 1998 I joined the swim school as General Manager and Director, looking back it is amazing how the swim school has changed since its inception over 20 years ago, and we are now seeing second generations of families attending which is great! Our program in particular has also gone through a great deal of changes in relation to its structure and certificates, whilst still endeavouring to maintain a flexible approach to learning. Over the past 12 months we have seen changes to our A4 pass certificates, we now have colourful pictures depicting your child's class level, and we have continued to expand our Merit Certificate program over all class levels. Our Sticker Cards have also proven very popular with the kids in Turtle through to Octopus Class and is a great incentive and reward for working hard in class. Also check out our new look web site at [www.swimsafeschool.com.au](http://www.swimsafeschool.com.au), you can easily check our class information, timetable, fee information and newsletters, there is also an email link directly to the swim school. In the new year look out for a list of all the new certificates in the pool area to make it easier for parents and kids to track their progress across the class levels, and our Swim School Carnival which will be open to all children from Fish level upwards. In Term 3 my husband Paul has joined our team both as Swim School Manager; Paul's background is in Education Department swimming and you will see him in the water teaching on Mondays and Wednesdays, and Supervising on Tuesdays, Thursdays and Saturdays. If you have any questions regarding your child's progress please don't hesitate to speak with Paul or one of our Support Staff. Whilst we do have intermittent changes in staff we are also extremely lucky to have a great group of teaching staff many of who learnt to swim at Swim Safe, and a core group of staff who have been working in the swim school for many years. With the continual hard work and dedication of our Support Staff and Teachers we look forward to 2012, and we would like to wish you all a Merry Christmas and Safe and Happy and Safe New Year.

*Jo Dalton* Managing Director

### Session Time Contact Number

Please note during the week (Monday – Thursday) our Staff are not at the swim school until 3.50 pm, any calls made to this number outside of session times cannot be taken, and results in disruption to Education Department Programs. If you need to contact us outside of working hours please ring 1300 850 809 or text 0438668530, or even send us an email. If we are unable to take your call please leave a message and one of our staff will get back to you ASAP. Thank you for your cooperation.



### Term Dates

Please note Term 1 commences on:

**Monday the 16<sup>th</sup> January**

A reminder your booking transfers from term to term ....if you are looking at changing your session time or day please advise us ASAP as we are currently taking new customer

Bookings for Term 1.

A copy of the timetable is available at the pool or on-line.

### Deep Water Focus Weeks

During weeks 6 and 7 you may have noticed we are conducting "Deep Water" focus weeks. In week 6 our focus was Treading Water for 30 seconds in our Platypus, Fish Starfish and Dolphin Class.... Week 7 is Jump and Swim Back to Wall for Seals and Octopus Class with head above the water. These activities are important water safety skills that are routinely practiced in class. During these weeks it is our expectation and all students will be Supervisor assessed and Certificates be awarded for children who can confidently and comfortably complete these skills without assistance. In the interest of water safety it is also our expectation that children regularly spend time in class completing these or other submerging activities with and without goggles. Class teachers will be encouraging all confident children to attempt at least one submerging or Deep Water skill each lesson without goggles.

### Make-up Lessons

During Term 1 we are extending our opening hours on Saturdays this will assist with the booking of make-up lessons. There will also be a review of our weekday timetable so keep posted for further changes. During busy summer periods it is not always possible to accommodate double lessons and they may need to be scheduled on an ad-hoc basis based on availability. If you are going to be absent for your regular lesson or make-up a call, text message or email is appreciated to assist in scheduling of make-up lessons. When attending make-up lessons please report to reception and bookings are essential...

# Swim Safe Swim School

Developing confident, safe swimmers



## SwimSAFER Summer Water Safety

### Childhood drowning is a crisis in Australia!

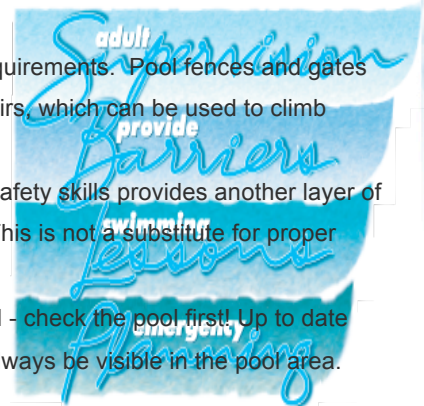
Drowning is almost always preventable. Much can be done to make our children SAFER in, on and around the water. As a pool owner, nothing is more important than the safety of your family and visitors in and around the water. Swim Australia's SwimSAFER program provides parents with information to ensure you have a safe summer. It is all about providing 'layers of protection'. Obtain your free copy of the SwimSAFER booklet and Kids Alive Living with Water DVD from reception, or visit [Swim Australia](http://Swim Australia). We have also been circulating the summer edition of "Swimming Matters." So grab a copy today from today!

**SUPERVISION** - first and foremost is constant supervision by a responsible adult. For non-swimmers and children under five, means within arm's reach.

**BARRIERS** - the next layer of protection is a barrier that meets government requirements. Pool fences and gates need to be regularly inspected and maintained. Objects like pot plants and chairs, which can be used to climb fences, need to be kept away.

**SWIMMING & WATER SAFETY SKILLS** - Developing swimming and water safety skills provides another layer of protection. Enrol in classes at a swim school registered with [Swim Australia](http://Swim Australia). This is not a substitute for proper supervision and barriers though.

**EMERGENCY ACTION PLAN** - Have an emergency action plan. Missing child - check the pool first! Up to date resuscitation skills can make all the difference. A resuscitation poster should always be visible in the pool area.



### Captain Zodiac

Collect your colour in and get creative colouring Captain zodiac and his Friends. Please return to us by the 10<sup>th</sup> of December or post to the address on the form. Good luck and happy colouring! **Zodiac Group Australia is a proud supporter of Swim Australia and SwimSAFER.**



### Importance of Being Able to Swim Well

A high level of swimming and water safety skills are necessary for full, enjoyable participation – as part of a safer framework. At Swim Safe our swimming and water safety skills include:

- **Water Familiarisation**, where small children explore and become comfortable in water environments, and develop a respect for the water with and without floatation aids
- **Confidence** through various water activities which include and lead into \*safe entries/exits \*breath control \*submersions \*floating \*turning \* back floating, \* and deep water skills\*

• **Developing the 'strokes'** so that your child can efficiently cover much greater distances and become a 'stronger swimmer.' Swim Australia recommends that children are able to comfortably complete a 400m swim before they are deemed to be able to swim well.

**Week 9 is Distance Swim** for our Stingray Squad Class. Please nominate in week 8 your distance 200m Elementary, 400m Bronze or 800m Silver. Remember to achieve your award you need to swim without stopping and with correct technique, starts and turns. As this ability is developed, children also need to learn a variety of rescue skills... look out for our water safety initiatives!!!!

### Arm Bands

Blue armbands are located on pool deck in your class area. They should be worn in Seal through to Starfish Class when swimmers have achieved their main Class Merit ... this means they can spend more time off the board!

### Family Change Room

Our family change room available for mothers with sons or fathers with daughters. As we have only one family change room please be mindful of others who may also be waiting to use this facility.

### Coaches Award Term 4 2012

Congratulations to  
**Kane Radloff**

For working hard and making significant progress in his swimming throughout the term, well done Kane!!