



Sue Pryor Swimming

Newsletter

March 2013

www.spswim.com.au
Ph/fax: 08 8536 2302
admin.spswim@bigpond.com

UPDATE FROM COLLEEN

Hi All, I hope you are all enjoying the mild Autumn weather.

We have had a busy Summer with class changes and new enrolments. We will be asking you soon of your intentions for Term 2, so please let us know if you require us to make any changes to class times.

There must be something in our pool water as there have been 12 new babies delivered to our Swim School Families this term. Congratulations to all new parents and siblings.

Staff News:

Welcome to Simone Brown who has successfully completed her Austswim Accreditation and is teaching classes on Monday and Tuesday mornings. She is proving to be a very popular staff member.

Congratulations to Milissa Caley who teaches on Saturday mornings on her recent marriage – She is now Mrs. Prosser. We wish her and her husband all the best for their future together.

Peter Chesser has been working hard on his rehab since his operation in October and is looking forward to returning to teaching in Term 2.

Diary Dates: 2013

Please Note:

Lessons in Term 2 commence on Monday 29th April 2013

Term 2

Monday 9 weeks

Tuesday – Saturday 10 weeks

Commencing

Mon 29th April – Sat 6th July

Term 3

10 weeks

Commencing

Mon 22nd July – Sat 28th Sept

Term 4

9 weeks

Commencing

Mon 14th Oct – Sat 14th Dec

Term 2 2013

Swimming Lessons

10 week term fee

\$180.00 for 1st child

\$171.00 for 2nd child

\$162.00 for 3rd+ child

9 week term fee

\$162.00 for 1st child

\$154.00 for 2nd child

\$146.00 for 3rd+ child

Private Lessons

\$27.00 for ½ hr

Aquarobics

\$12 per 1 hour session

Lap & Rehab Swimming

\$6.00 standard rate

\$5.00 concession rate

Pool hire - for ½ hour

\$18.00 up to 9 swimmers

\$30.00 for 9+ swimmers

Sue Pryor Swimming has been an affiliated member of Swim Australia for 18 years and we are proud to promote and endorse their SWIM SAFER programme.

WIN 10 FREE SWIMMING LESSONS

Visit the Swim Australia Facebook

Page for details. Follow link

<http://bit.ly/YYHO64>

Sue and I will be attending the ASCTA Conference in May and as well as being nominated for the Swim Safer Award this year we will be visiting Laurie Lawrence Swim School and are hoping to bring back some useful tips and information.

THE POOL WILL BE CLOSED FROM

29th March Good Friday to
1st April Easter Monday

Reopening

Tuesday 2nd April

We at *Sue Pryor Swimming*
wish you a very
Happy Easter



EARLY CHILDHOOD DEVELOPMENT

Griffith University Report by Professor Robyn Jorgensen

Over the past four years Griffith University has conducted an early years swimming research project to determine the benefits of swimming lessons for 0-5 year old children. The interim report released in November 2012 showed some fascinating findings.

Not only does the report state the importance of swimming lessons for health and safety reasons but it also highlights some of the social intellectual and emotional benefits attained by young children participating in lessons.

The report states that *“Children who participated in swimming lessons were more likely to score significantly better on measures relating to visual motor skills (such as drawing), gross motor stationary skills (eg standing on one foot), oral expression (being able to explain things) and achieving in general areas of literacy, numeracy and mathematical reasoning.”*

The report shows how swimming lessons could potentially be used as a tool for transitioning children to school through the early development of language, numeracy, reasoning and other key skills.

If you wish to read the full report you can download the PDF file from:

http://www.griffith.edu.au/_data/assets/pdf_file/0019/470251/early-year-swim-interim-report-2012.pdf



DO YOU HAVE A PORTABLE OR INFLATABLE POOL?

Are you aware of the legislation and safety requirements for these?

Portable and inflatable pools are a potential risk of drowning the same as in ground pools.



HOLIDAY LESSONS

Lessons are available during school holidays. Please let Admin know asap if you're interested.

TERM 2 2013

We are starting to plan **Term 2** 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 2
- 2) wish to change times for Term 2

INFANT TIPS

BATHING AT HOME

Front and back floating should be encouraged in both deep and shallow water.

In a shallow water level bath the water can be low enough to just cover the baby's ears, allowing the baby to lie flat on their back and splash their arms and legs.

In deep water with a parent, use the same holds as in lesson times. Bath time should be a relaxing time for both parent and child.

The child should **NEVER** be left alone for any period of time whatsoever.

IN THE POOL

Be aware of **WHERE** your baby is in relation to the surface of the water. In an above water activity keep baby's face totally above water, not half in, half out. If the baby is to be submerged make sure their head is totally submerged.

If the baby is half submerged, the baby's brain does not know whether to hold their breath or not.

RECENT NEWS REPORT:

“12 year old boy dies from swimming multiple laps underwater after previously hyperventilating”.

We are aware of the dangers of excessive breath holding but we deliberately teach it for safety reasons in case of accidental falls into the water. Inflated lungs will assist with buoyancy.

In Green Level 6 we introduce bubbles for more efficient air exchange during strokes.