

Listen to the Little Voices

A few weeks ago Sue participated in a webinar which was conducted by a leading baby/toddler swimming presenter – Julie Zancanaro. The focus of her talk was about how important it is to listen to our kids, using a variety of skills.

This is important to fit in with our policy of trauma free, respectful, and developmentally appropriate child centred learning, to teach them to respect the water in a fun way.

Children learn best when they feel as though they have some control over their activities so we, as their teachers and parents, need to be flexible in their lesson. This need to feel in control is why, after about 12 months of age, that we phase

out submerging them, but rather allow them to initiate it.

Babies and toddlers understand a lot very early, but cannot verbalise their feelings – often getting frustrated. This is why we need to help by “listening” to them, i.e. read their body language and find out what is bothering them, rather than telling them off.

They can show this through crying, vocalising, and facial expression. You can also observe by following their gaze and watching what they reach for. If they cry it is important to ask why or find out by watching them to see if there are any activities that upset them.

The same principles continue as children age. Small children

(2yo+) also need to feel in control. Many of you may have seen your child’s (or niece, nephew, grandchild etc.) attitude change. They go from being really excited, willing to try everything to upset, reserved, wanting to do their OWN thing. This is very normal, they are trying to work out who they are and how to communicate what they need from us.

When this happens we often need to take them back to a space they feel comfortable and in control and then let them initiate the next steps.

Above all - relax, have fun with your child and do your best to learn to read their “little voices.”

Did You Know?

At birth a child’s head is one fourth of it’s body length. An adult’s head is only about one tenth of it’s body length.

The child’s arms and legs take up only a quarter of the total length of the body. An adult’s and legs take up half the body length.

This means that effective arm and leg movements are difficult for a child before they have reached a stage of development which makes possible coordinated movements.

This is also why we don’t teach kicking until level 5 or 5yo and why we stress head down, eyes down body postion.

Looking For Swimming Teachers

Have you ever considered teaching swimming? Passing on this lifesaving skill to the next generation?

Sue Pryor Swimming are currently looking for some more teachers to join our small team.

No experience necessary, we can point you in the right direction and discuss the requirements.

If you would like a little more information please have a look at the Job Opportunities page on our website - or come and have a chat to Tabitha.

Welcome!

We would like to welcome the newest member of our team - Isabella Duval.

Bella is currently in her first year at Adelaide Uni, studying a Bachelor of Schience (Space Science and Astrophysics). She is currently teaching on Monday nights.



COVID-19 RESTRICTIONS

Please make sure you keep our 3 basic COVID rules:

1. Stay away if sick
2. Sanitize and Check In at the gate
3. Social Distance

Restrictions for Classes (swimming lessons & aquarobics)

- Make sure that **only one caregiver is attending per swimmer**, no second parent, grandparent, cousins, aunts, uncles etc. unless they are looking after a sibling (under 5yo) who is also swimming.
- If possible, if all of your children are swimming independently, please have only one parent come into the centre.
- During busier times siblings may need to wait outside as numbers are calculated based on the swimmers in the water.
- If you arrive too early you may be asked to wait outside until closer to your lesson time.
- Please arrive ready to swim, in your bathers (both students and parents), to save time before the lesson. If possible for those who live locally, after your lesson, wrap up in some towels and/or a bath robe and head straight home for your shower & to change. Change rooms are available for those who require them.
- Follow all directions from COVID MARSHALLS.

THANKYOU!

If you would like to give us any form of feedback please send an email or have a chat to Tabitha. We want to know your thoughts!

Thankyou to all who have referred their friends and family to us. This tells us that you are happy with our programme and lessons. Thankyou.



FEES & SERVICES

Swimming Lessons

10 week term fee

1 st child	\$215
2 nd child	\$205
3 rd + child	\$200

Private Lessons

½ hr (1:1).....	\$50
½ hr Family (2:1).....	\$75
Exclusive use of pool	+\$15*

Aqua Fit (Aquarobics)

\$15 per 1 hour session

Casual Lap & Rehab Swimming

Standard.....	\$8.50
Concession	\$7.50
Monthly Bookings - See Reverse	

Pool hire - for ½ hour

Maximum of 10 people.....\$30

Voucher Swim (Family Swims)

Important Dates

2nd to 5th April - Pool Closed (EASTER)

10th April - Final day of Term 1 2021

26th April - Pool Closed (Observed Public Holiday)

27th April - Swimming Term 2 Starts

14th June - Pool Closed (Public Holiday)

3rd July - End Term 2

19th July - Start Term 3

25th September - End Term 3

Mobile Phones

Please remember to watch your child during their lessons, not your mobile phone. **Your child needs your full attention**, please let them know that they are more important than your phone by being present and watching their achievements.