

Swim School Newsletter & Re-enrolment Details

Term 1 finishes on Saturday 13th April, 2019

SWIM SCHOOL UPDATES

What a fast start to the year it has been. Welcome back to all our clients, both old and new. I am so impressed with how far some of our little swimmers have come over the summer months.

I would like to take this opportunity to welcome Patrick to the team of instructors. His background in state and national swimming make him an asset to our team.

When enrolling for next term, please consider any Winter activities that may start up training throughout the week. It is becoming increasingly difficult to make changes closer to the commencement date of the term ahead, so ensure you chat with your supervisor this week or next, to make a request to change days!

When enrolling for Term 2, you are asked to think ahead into the winter months when it starts to get cooler and the days become shorter. I encourage you to read over the tips from Laurie Lawrence on consistency in lessons. If progress is what you seek for your child, taking time off is not recommended.

STAR SWIMMER

Congratulations to the Star Swimmer of this term, Angela Radovic. Angela has been with us for 3 terms now, and in that time she has moved down from a 4 layer bubble and is now learning Freestyle & Backstroke in her new class. Great job, Angela!

NEW POOL SPACE

Do you live in an apartment complex with an indoor pool or do you know of any indoor pools that do not currently have a swim school operating? St George Swim Academy is looking to expand and Sarah would love to hear from you with any information!

COMMIT TO CONSISTENCY

When the temperatures start to drop, so do the number of swimmers participating in learn to swim programs nationwide. Many mums, dads and carers decide to hang up their swimsuits for the season and look for other sports and activities to entertain and engage their children.

But, here's the thing, to be a great swimmer and to see the continual improvement you need to be consistent. Winter is the perfect time to keep your children in a swimming course because, unlike backyard pools and local beaches, the water is warm. With limited water exposure during the cooler months, it makes perfect sense to continue lessons and provide your children with the best chance for improvement.

As a parent, making the decision to commit to swimming lessons year-round will see your child push forward and improve, building confidence in their swimming skills and gain more independence in an aquatic environment.

Ceasing lessons for any period of time throughout the year can result in the regression of swimming skills and confidence in the water. Swimmers and their parents may also have unrealistic expectations about what they are capable of achieving when they are reintroduced to swimming lessons and often swimmers who have had a break may get a fright upon their return. This can occur because swimmers may not be able to swim the same distances or have the capacity to hold their breath for the same amount of time but parents may expect them to do so. It is important to remember that if you have taken a break from swimming with your child, ease them back into it and rebuild their confidence and skills without expecting too much too soon. Even the most confident and competent swimmers can regress without consistent practice- this is why aspiring Olympians will commit to four years of training without skipping a session let alone a whole season!

So with all of this in mind, we ask that you please prioritise your child's swimming lessons this winter so your child can reap the benefits in the months to come.

TERM 2 DATES & PRICES

MONDAY	29 Apr - 1 Jul	\$166.50
TUESDAY	30 Apr - 2 Jul	\$185
WEDNESDAY	1 May - 3 Jul	\$185
THURSDAY	2 May - 4 Jul	\$185
FRIDAY	3 May - 5 Jul	\$185
SATURDAY	4 May - 6 Jul	\$185

RE-ENROLMENT DETAILS

Monday 11 Mar - Saturday 16 Mar

Please ensure you bring your \$50 deposit to your lesson during this week or pay online before hand

All current clients **MUST** enrol during this time to secure your spot for Term 2 2019

Unfortunately if a deposit is not paid during this week, places **WILL** be forfeited.

Balances should be finalised during the last week of Term 1, or at the very latest, the first week back of Term 2.

INTENSIVE DATES & PRICES

limited places available, REGISTER NOW

Week 1 | Monday 15 Apr - Thursday 18 Apr

approx 8am - 11:30am

Cost | 1:1 = \$190 2:1 = \$240 (\$120 p/child)