

# Swim School Newsletter & Re-enrolment Details

Term 2 finishes on Saturday 6th July, 2019

## SWIM SCHOOL UPDATES

Sandwiched between the never ending Summer and chilly Winter, Term 2 started off with our classes full and expanding once again. Our programme is certainly in demand and if all the certificates that were presented at the end of last term is an indication of where our swimmers are heading, bigger and better is where we are all heading together. You will begin to notice the steam rising from the pool, so please don't think that your children will be cold in the water or on pool deck. Our pool and air temperature are constant all year round. Children just need to be careful when exiting in the cold air, encourage your child to have a hot shower following their lesson and dress them in warm clothes and protect their head, ears and feet with warm clothes. It is not recommended to leave the swim centre wrapped in a wet towel or swimwear.

This winter, we are offering a chance to win a term of lessons - all you need to do is attend your swimming lessons throughout Term 3! See below for more details.

## TIKECICLES CLUB

We are trialling a new rewards program through winter. You could go in to the draw to win a term of lessons for Term 4, on us! All you need to do is follow the steps outlined below;

1. Collect your Tikecicles Rewards card on Week 1 of Term 3 (1 per child)
2. Each week, collect a stamp/punch from your supervisor
3. Collect all 9 and return to your supervisor in Week 10 to go in the draw to win back 10 lessons.

*The winner will be drawn live on Instagram on Saturday 28th September, 2019.*

## 7 REASONS WHY WINTER SWIMMING IS ESSENTIAL

### 1. FITNESS

During the winter, children can become restless not being able to run around and stay active because of the cooler weather. Swimming is a great way to remain fit whilst being in an indoor environment.

### 2. KEEP THE BUGS AT BAY

Higher fitness levels gained through year-round swimming build stronger immune systems that make a child more resilient to stress and illness. Some parents withdraw their children from swimming classes when the temperature drops believing it will help avoid illness – it is an old wives' tale that children who have 'wet hair' or who 'go out into the cold' get sick. From experience, children who swim throughout winter are far less likely catch far less colds and flu.

### 3. CONFIDENCE

A discontinuation of lessons through the winter months typically results in a decline in a child's confidence and independence in the water, as well as a drop in technique and stamina, within a period of several weeks or even less.

### 4. REPETITION IS KEY

Children need to maintain and reinforce existing skills to advance and develop their ability in the water. Months of summer lessons end up "going to waste" as swimmers lose their "feel for the water" both physically and psychologically.

### 5. SWIMMING SKILLS SAVE LIVES

Accidents can happen at any time of year in the water, so it's important that children understand how to handle emergencies and stay confident in the water. Maintaining swimming lessons throughout winter helps to reinforce their swimming and safety skills so they are prepared if something goes wrong.

### 6. WINTER IS A GREAT TIME TO GET AHEAD

Winter is the perfect time to focus on developing and fine-tuning skills in the water. During Term 3 we're offering \$5 off second weekly lessons to help your little one get ahead.

### 7. SGSA IS ALWAYS WARM

To keep kids and babies comfortable, we have a constant water temperature of between 32-33 degrees. Which means even on gloomy winter days, it's always a nice day for a swim!

## TERM 3 DATES & PRICES

MONDAY	22 Jul - 23 Sep	\$185
TUESDAY	23 July - 24 Sep	\$185
WEDNESDAY	24 Jul - 25 Sep	\$185
THURSDAY	25 Jul - 26 Sep	\$185
FRIDAY	26 Jul - 27 Sep	\$185
SATURDAY	27 Jul - 28 Sep	\$185

## RE-ENROLMENT DETAILS

### Monday 3 Jun - Saturday 8 Jun

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 3 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 2, or at the very latest, the first week back of Term 3.**

## STAR SWIMMER

Congratulations to Star Swimmer of this term, Mary Johnson. Mary has been swimming with us since she was 8 months of age. Now just 2 and 9 months, Mary is confidently swimming the length of the pool with no flotation assistance. Mary is a determined swimmer and is taken for additional practice on a weekly basis. Keep up the great work, Mary (and Mum)!!