



GRACE SWIMMING  
LEARN TO SWIM

# NEWSLETTER

## TERM 1 2021

Thank you to all our wonderful Grace Swimming families for their support over the past year. We have so enjoyed diving back into Programs, congratulations to all our wonderful swimmers who have done amazing work in Term 1 so far.

Rebooking week starts Monday 22 March. Please note that we are currently at capacity, so *if you choose to not rebook for Term 2, we cannot guarantee you a spot when you choose to re-enrol.*

### BENEFITS TO SWIMMING ALL YEAR ROUND

- ◆ There is no such thing as winter in Queensland! Our temperatures are mild in winter, and our pools stay heated to 32 degrees all year round.
- ◆ Keeping up skills and proper, technical practice is imperative for progress. If you drop out for a Term or two, your child will regress.
- ◆ Swimming is not just a sport, it's a survival skill and there are drowning risks all the time, not just in summer.



## WIN 20 FREE ADULT SQUAD SESSIONS

Bring a friend to an Adult Squad Session and both go in the draw to win 10 Free Adult Squad Training Sessions each!

\* Runs for duration of March 2021

\* Winners drawn April 2021

Go to [graceswim.org.au/tcs](https://graceswim.org.au/tcs) for terms & conditions



## YOUR CHILD'S PROGRESS

Here at Grace Swimming, we are constantly assessing our swimmers. If you are looking for feedback on your child's progress - ask your teacher. They will be able to give you feedback on the spot or provide a progress report at a later date. If you have any additional questions, feel free to ask Andrew. Our main focus is **technique**. After that is mastered then we can begin to work on **distance** and finally **speed**. It is so important to get the technical skills correct before we begin adding mileage to any of the strokes. Correct technique is important for progression into Squads, for preventing injury and improving efficiency.



## HOLIDAY INTENSIVES

Intensives are 5 lessons at the same time each morning Monday-Friday. They're a great way for swimmers to fast-track their progress and keep up their skills during the School Holidays.

BOOKINGS OPEN MONDAY 22 MARCH