



GRACE SWIMMING  
LEARN TO SWIM

# NEWSLETTER

## TERM 3 2021

Hi Grace Families,

Welcome back, and thank you for your patience over the closure.

We are excited to be back and to dive into the remaining four weeks of term with a splash!

Remember, any missed lessons due to our closure have been credited to your family account.

Keep reading to find all about how to practise skills at home, competing, Holiday Programs and more!

## HOW TO PRACTISE AT HOME WITHOUT A POOL

- ◆ There are land drills and exercises our children can practise to help them with a number of skills - including flutter kick, breaststroke kick, freestyle breathing, streamlines, butterfly arms, backstroke arms and more.
- ◆ We have instructional videos on how to perform these drills at home - all you need to do is go to [graceswim.org.au/helpfulhints](https://graceswim.org.au/helpfulhints) to see more!
- ◆ Here you will also find tips, tricks, and answers to some commonly asked questions.

## 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.

These September-October School Holidays, we have 2 weeks available, and bookings open **Monday 6 September**



## GRACE SWIMMING CLUB

### Are you interested in competing?

Grace Swimming Club runs Club Nights every Wednesday evening in the summer terms (Term 4 & Term 1). These are a great opportunity for children of **any age and ability** to have a go at racing and get involved in the community and team spirit of the Club.

There are races as little as 12.5m and Senior Club Swimmers can even hop in the water and assist them if they'd like.

If you'd like to trial a Club Night, you need to arrange it with the Registrar: [registrar@graceswim.org.au](mailto:registrar@graceswim.org.au)

After this, if you'd like to continue swimming at Club Nights, you will need a Club Membership. This can be done online via Swim Central: [swimcentral.swimming.org.au](http://swimcentral.swimming.org.au)

There are 2 types of memberships:

- ◆ Recreational: Competing at Club Nights only
- ◆ Competitive: Competing at Club Nights and at external meets

For any inquiries, speak to our friendly kiosk staff or head over to: **[graceswim.org.au/compete](http://graceswim.org.au/compete)**



## REMINDERS:

**CONTACT DETAILS:** Do we have your correct email address? If you have a new email address or don't receive email updates from us - please go to reception to update your details. Email is the primary way we communicate any programming changes to you and your family.

**CHECK IN:** Please remember to check in at reception before your lesson. We need everyone from Learn to Swim (including Sharks) to go to reception upon arrival. Thanks!