



GRACE SWIMMING
LEARN TO SWIM

NEWSLETTER

TERM 4 2020

WELCOME BACK

Hi everyone and welcome back to Term 4. Firstly, a big thank you to all our families for their understanding, patience and support during these difficult times! We are very excited to jump in to Term 4 with you! There are

still some things to consider when you come to lessons:

- Only attend if you are feeling well
- Minimize adult attendance to 1 adult per family when possible
- Remember to practice good hygiene

Thank you everyone!

SAVE THE DATES

Starfish Classes are back: Book in now for Baby & Toddler classes

Club Nights: Every Wednesday, gates open at 5:30pm. If you are interested, ask us about Club Nights at the kiosk

Instructor Surveys: Week 4, Tell us how we are doing

Rebookings Week: Week 8, Let us know if you are keeping the same spot for Term 1

New Bookings Week: Week 9, Let us know if you want to change days or times for Term 1

Intensive and Stroke Clinic Bookings Open: Week 9, It's a big break over the Holidays - keep up your swimming by coming in the holidays!

Safety Week: Week 7, All Learn to Swim levels will do safety skills for a portion of the lesson (Be prepared to do some swimming without goggles!)



STARFISH CLASSES ARE BACK

Welcome back, babies and toddlers! Oh, how we've missed you! We know it's been a while and you might be nervous about regression, or even about bringing a brand new baby along to lessons. Here are some conditioning tips to get you started:

What does conditioning do? Water conditioning develops a child's breath control in preparation for submersion.

How do I condition? Use a bright coloured cup for visual stimulation and use the verbal cue 'Child's Name, Ready, Go!'. Using the verbal cue, pour the cup of water evenly and consistently across the child's head. Remember to congratulate them and provide positive reinforcement. Once they are comfortable, increase the amount of water in the cup and/or increase the pour time. This will improve breath holding capacity. Always stop if your baby or toddler is crying, is distressed or has ingested water.



ADULT SQUAD

Welcome, Brett - our new Adult Squad Coach. Brett is here to get all the Mums, Dads, Aunties, Uncles, Nanas and Pops in the pool!

Whatever your goals are, you can achieve them at our Adult Squad. Turn up to any session for a **free trial**. Session times are at graceswim.org.au/adults



YOUR 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.