

DON'T LET YOUR KIDS' SWIMMING SKILLS DROWN DURING WINTER

It might be winter, and you might be rugged up ... but facts are, it's warmer in the water than out of it!!

And good news, ASSA member Swim Schools are located around the country, heating learn-to-swim pools to a nice, warm, and comfortable temperature!

But sadly, winter swimming is often less popular.

However, for those passionate parents, keen to keep the kids kicking during this period, there are some big benefits:

1. Not only will your child be safer in and around water through your persistence, but the consistency will strengthen their skills, ability and confidence; and
 2. Every swimming lesson dollar you spend, has even greater value! Why? In some places, due to the cooler season drop-off ...
- Attending kids may be offered more personalised time with their teacher;

- As a result, children may progress more quickly due to the increased teacher attention; and
- Winter swimming kids will most likely maintain their touch of the water, preparing them for spring and summer.



Rain, hail, sleet, snow or just a chilly day – now there's never a reason to skip a swimming session this Winter!

A handwritten signature in blue ink that reads 'R Gage'.

Ross Gage - CEO
Australian Swim
Schools Association
(ASSA)



Real Stories > Speedy recovery – sink or swim!

Zac has been an avid quad-biker since he was two. He's been learning to swim since he was a new born. Zac is now four years of age, but a couple of months ago, Zac faced an extremely scary, aquatic accident while learning to ride his two-wheeled motorbike on his family's farm.



Although he was successfully riding, he suddenly lost control and flew off a three-metre embankment, and into a deep dam. While his mother was supervising, she was metres away so although ran immediately to his aide, but was terrified of what she'd find by the time she reached him.

However, when she looked over the edge, she was relieved to see Zac

splashing about, four-metres from the edge. He was wearing a full face mask, helmet, boots and other protective gear.

Zac's mum jumped straight into the water and pulled off his helmet and goggles; they'd been full of water. Zac immediately responded, "I couldn't breathe Mum, but kept swimming to keep my head up."



As Zac's Mum has since said: "Even though I jumped in, he saved himself that day. We didn't teach him to swim to be the next Olympian, but to save his own life if he ever needed to; our lessons have paid off 100% Thank you to our Swim School - you've been a huge part of this process!"

How does swimming prepare my child for school?

By Professor Robyn Jorgensen

Head of Education
– Equity and Pedagogy
University of Canberra.



While water safety is a priority in swimming lessons, many of the water safety instructions teachers have for their children are similar to those they will encounter when they go to schools. In the early years project, it was observed that swimming teachers develop many of the skills that are important for school readiness, for example:

- Children must learn to pay attention to their teachers,
- Teachers will ask for eye contact, and then wait until the children are attentive.
- Teachers may need to walk their children to an area, line up or simply safely wait their turn.

School teachers often comment they can usually tell which children have had swimming lesson prior to schooling, as they have many of the desired behaviours.

Does Your Swim School Weigh Up?

What do you look for in a swim school?

While the 'deal-breakers' may vary between decision-makers, at ASSA, we've devised a detailed list with '19 elements to consider.'

We've been regularly rolling these out across our ASSA Facebook page, but the following are worth noting when checking if your swim school measures up, or when offering advice to others.

Here are a few important pointers:

1. A reputation to be proud of.

A good swim school will be happy for you to see their program before enrolling. They will have an impressive number of happy

customers prepared to tell you about their experiences and children's success. The swim school will be inclusive of all community members.

6. Industry Involved.

A good swim school will strive to achieve high standards through Membership of the Australian Swim Schools Association (ASSA) and ongoing development of their staff and their programs.

18. Safety at all times.

The good swim school will always use equipment wisely and ensure children are vigilantly supervised when under their care.



Hot Tips

Royal Life – Download your Pool Safety Checklist TODAY! [Click here >](#)

Evo Heat – Maximise your pool with heating! [Click here >](#)

Bruce Sullivan - If you had everything now, where would you put it all? [Click here >](#)

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Make The Most Of Your Family's Swimming Experience



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