

## COOLER WEATHER WARMS THE POOLS

Sadly, not all parents enrol their kids in year round swimming. At Australian Swim Schools Association (ASSA), this action is not recommended, as it can present grave water safety risks and concerns, to those children.

However, for little learners continuing their lessons – or swimmers who are less confident - there can be a silver lining.

Here's the good news:

- ✓ YES – Swimming is a year round activity.
- ✓ YES – That means Winter swimming exists.
- ✓ YES - Pools are heated, usually to 30+ degrees Celsius; and
- ✓ YES - Often these pools are indoors (especially in southern states).

So, while our weather may be cooling down, ASSA Member Swim School pools, are heating up! Therefore, it doesn't matter what the weather is doing outside, swimming lessons can continue in a warm and welcoming environment.

Plus, as classes are often less busy during Autumn and Winter, not every class will be filled to its usual capacity,

meaning kids remaining in lessons may be offered more personalised attention - even some one-on-one time.

Through this period, your child may find it easier to advance, not only in confidence, but in skills. In fact, kids who don't continue regular swimming lessons, may regress in ability, which could prove a potential safety risk.

Safety is key, no matter the season, and tragically, accidents can and do occur. However year round swimming can help combat such tragedy by teaching your children vital, life saving skills ... because swimming kids are safer, savvier kids!



Ross Gage - CEO  
Australian Swim  
Schools Association  
(ASSA)



**Flotation aids are not a substitute for constant adult supervision**



**Learning breaststroke has many benefits; including water safety**



## HOW CAN SWIMMING HELP MY CHILD TO COUNT?

By Professor  
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In swimming lessons, teachers use a lot of counting. Often it's used to prepare a child before they push off the wall – like, three, two, one, go - or, when counting the number of arms before they breathe, or kicks across the pool.

As the child actions, they learn not only how to count, but more importantly, they learn one-to-one correspondence; this is a core counting skill where the child learns that for every count, there is an object.

In this case, for every kick, there is a count. Many children may not learn this until well into their first year of school, but in swimming, this is a very common drill.

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## Real Stories >



As a learn to swim authority, we are fully invested in the benefits of learning to swim, and the vital skills it can help teach your kids for life.

Accidents however, can and do happen. But, when little lives are saved because that child has instinctively applied the skills they've learned in lessons – our hearts truly sing! Here's another real story from one of a member schools in Brisbane.

"I'd just like to say thank you, a huge thank you. My 2 year old son fell in a relative's pool this afternoon and by the time I had jumped in he had turned around under the water, returned to the wall and pulled himself up just as we practice when doing twisters. I'm so amazed and relieved that all our practice has worked."

## Make The Most Of Your Family's Swimming Experience



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