



Sapphire Aquatic Swim School

- Term 3 2023 Newsletter

Welcome to Term 3 2023! It is fantastic to see so many returning families and we would like to offer a warm welcome to all our new students. We are always aiming to maintain an exceptional standard of teaching and programs, and would like to thank you for being part of our swimming program in Term 3 😊

New Faces

Throughout the next few terms, you will start to see some new faces joining our Learn to Swim instructor team, all of which are Austswim, Royal Life Saving or Swim Australia certified or in the process of completing their industry training hours.

We would like to extend a warm welcome to our new instructor Cindy to the LTS team 😊

Swimming Equipment- What to bring.

All students will require appropriate swimwear for each session. Swimwear that restricts or impedes movement of the arms and legs is not ideal in a learning environment.

- Trunks or jammers are best rather than boardshorts which can restrict leg action.
- For those that prefer more coverage a rash vest may be worn, please assure it is properly fitted to stop excess drag.
- Well fitted goggles for preschool aged children upwards.
- Swimming caps can control and maintain hair. Long hair flows and moves with the water often impeding the learning of and ability to breathe in the water. Alternatively, long hair must be tied up and secured away from the face.

Once swimmers reach the Diamond level and above, they are required to bring their own pair of flippers to every session. Below are a few fantastic reasons why flippers are a great swimming aid at this level:

- Can help to improve a swimmer's body position and their technique.
- Can help to increase fitness and cardiovascular conditioning
- Can help to increase ankle flexibility
- Can help to develop leg and swim kick strength

Development Squad & Squad.

All squad swimmers are required to bring the following in their kit bag to every session.

- Flippers.
- Well fitted goggles.
- Swimming caps for those with long hair.
- Drink bottle with water.

Swimming Lesson check in.

All students must be signed in at reception before entering their swimming lesson, it is a good idea to arrive with plenty of time before the lesson start time as there can sometimes be a short wait. The reception staff will always endeavour to make this process as smooth as possible for all families. If your child is over the age of 10 and unsupervised, please remind them that it is their responsibility to sign themselves in at the reception prior to their lesson/squad session.



Importance of swimming throughout the winter months.

Swimming is a fantastic sport for all year round and we are extremely lucky to have such a fantastic facility that enables us to continue our swimming programs throughout the winter months.

Children who stop swimming lessons over the winter months tend to forget a lot of their swimming skills, and therefore take longer to learn compared to children who continue swimming throughout winter. This is particularly true in children who are under 7 years of age, as their long-term skill retention and muscle memory are just starting to develop.

During our winter terms we are focused on our students being comfortable and continuing to enjoy their LTS experience and advice you to take a few tips on board:

- ❖ Encourage your children to have a warm shower following their lessons (the rinse off showers on poolside are warm)
- ❖ After your child's swimming lessons, we encourage all parents and guardians to dress their children appropriately.
- ❖ Do not have your child leave the centre in swimmers and a towel- dress them, dry their hair and utilise a beanie
- ❖ Dress your child in a short wetsuit if they are susceptible to feeling cold whilst in the water.
- ❖ For babies and toddlers, we stock a range of Splash About Warm in One Wetsuits at the centre, please ask a member of the reception team to assist you with more information.

Water Safety & Awareness Week.

Water Safety & Awareness Week occurs the last week of every term for all swimmers from an Opal to Development Squad Level. During these sessions students are taught essential rescue and survival skills appropriate to their swimming level. These will include, how to stay safe and avoid risks, how to call for help, identify risks and how to aid themselves or others if at risk in the aquatic environment.

All swimmers are encouraged to wear clothes over their swimmers so they can experience what it feels like if they were to accidentally fall into water. **Please pack long trousers (pyjama pants, tracksuit pants) and a t-shirt. Students will also be asked to complete the session without the use of goggles.**

Term 3 Water Safety & Awareness Week will be held Saturday 16th – Friday 22nd September 2023.

Learn to Swim (LTS) Assessments.

Assessments of swimmers will happen throughout each term by their instructor, in Week 7 of the term I will oversee the students' progress (dates can be found on the LTS calendar). Each Learn to Swim level has set criteria that students are required to meet. The instructors will work through each skill within the criteria using a progressive system from introduction to performing and mastering each activity. Students must have mastered a skill to be deemed COMPETENT and are required to be competent in all skills to progress to the next level.

LTS instructors are unable to discuss student's assessments. I will liaise with all the instructors regarding assessments each term so if you have any queries, or are unable to attend during assessment week, please let me know as soon as possible. I can be contacted at the centre on 6494 3100.

Progress Reports.

LTS students receive a progress report, which provides the outcome of the swimmers latest LTS assessment. These will be available for collection from the SAC reception during the re-enrolment period.

Whilst your child/ren may not go up a level, their competencies, or progression towards a competency may increase within a term which is something to be very proud of.

If you have any questions regarding your child's progress report, please contact me or feel free to grab me for a chat at the centre anytime.



Enrolments

All enrolments are completed directly through the Sapphire Aquatic reception between 9am and 5pm, Monday to Friday. You can speak to the reception staff in person or call the centre on 6494 3100.

- Payment for the full term is required at the beginning of term and all payments must be received by the 3rd week of each term at the latest.

Please note the dates on your LTS calendar for re enrolment week, the key to the colour code for each term is located at the bottom of the card.

Re-enrolments for Term 4 2023 will open the following dates

- **Direct Debit and Full Year paying students** – [Monday 11th September](#).
- **Current students** (those not paying by direct debit or full year) - [Monday 18th September](#).
- **New enrolments** – [Monday 25th September](#).

To learn more about our different payment options, please speak to our reception team

Please note:

- All enrolments or enrolment enquiries should be directed to reception staff and should not be discussed with LTS instructors.
- **Program fees cover your child for swimming lessons only. If you wish to use the pools outside of lesson times, pool membership or extra swim fee applies at a discounted rate for students on their lesson day.**

Instructor Availability.

There have been a few instructor changes for Term 3. Please note that it is beyond the control of our program when there is an instructor change, and we always try our very best to maintain consistency for all our students.

The wonderful thing is children are generally resilient, even the most anxious child can adjust to change with positive encouragement from their parents and patience and understanding from the new instructor.

Illness

Students are not permitted to swim with any **contagious illness** such as cold sores, conjunctivitis, warts, gastro etc. until symptoms have completely ceased.

If your child cannot complete the term due to serious illness or injury, please inform us in writing and provide a medical certificate upon notification to obtain a credit for the missed classes.

Please note: Due to our classes being at full capacity and limited availability we cannot provide make-up classes.

School Holiday Intensive classes.

Our swim school offers all our students the opportunity to attend 3, 4 or 5-day intensive programs throughout the year during the school holidays. This can be an effective way to fast track, maintain and enhance your child's swimming ability.

The next intensive program will be held Monday 25th to Thursday 28th September, keep an eye out around the centre for more information and when to book.

Please note: As intensive classes fill very quickly; we often have waiting lists. If you have signed your child up to take part and are unable to attend, please provide a minimum of 24 hours' notice so that we are able to offer the place to another student.



House Keeping

Just a reminder that our **Watch around Water Policy** states:

“Competent lifeguards acting responsibly should provide an important safety feature, but they are not intended to, and cannot be expected to replace the close supervision of parents which is required for many children. Public awareness needs to ensure that adults in the community understand that supervision of children in the water must be direct, competent and alert “.

If your child is under 5 years of age you must be within arm’s reach of your child at all times. Children 10 years and under must be actively supervised by parent or guardian and must be always in line of sight

Important Information

- Safety – Please ensure that all children under the age of 5yrs are within arms reach of a parent or guardian at all times and children under 10yrs must be within eyesight of a parent or guardian.
- 2023 LTS calendars are available from reception. These have all the essential dates for the year ahead as well as intensives, important enrolment dates and contact information.
- If you haven’t already please like our Facebook page [Sapphire Aquatic](#) to keep up to date with what is happening at the centre and the Shire’s outdoor pools.

We are grateful for your continued support and value the trust you have placed in us to provide a safe and nurturing environment for your children to learn and grow as swimmers. The LTS/Coaching staff and I are looking forward to another exciting term of swimming.

Kindest regards,

Lucy Williams

Aquatic Programs Supervisor

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