

# Term 1 2017 Newsletter...



TADPOLES SWIM SCHOOL



We would like to take this opportunity to wish every one of our valued Tadpoles Clients and Students a very Merry Christmas and a safe, happy festive season. As far as small businesses go, we feel very lucky to have such a versatile & understanding client base and a vibrant group of children to teach life long and lifesaving, skills to.

Thank you for your commitment to your children's aquatic education with us.... We look forward to continuing our relationship with you all in 2017 ☺

Please note that our last day of Term 4 is MONDAY 19<sup>th</sup> December 2016. During our break we are working diligently on the New Year class structure, maintenance and emptying our pool so it's pristine clean for your children to swim in!

## **PROGRAMMING FOR THE NEW YEAR:**

This takes quite a number of weeks. We do our best to program times as closely as is possible to parent requests, factoring in marrying up sibling classes and class levels not clashing in our pool. Availability forms in by the due date AND students that swim

ALL year round are given time preferences. We understand that your circumstances may have changed since submitting your form so please don't hesitate to pop into the Office if you'd like to seek an alternative time/day to what is attached to your Term 1 Invoice. Thank you for your understanding, we WILL find a solution!

**TERM 1 2017:** You will note on your Invoice that Term 1 is slightly longer than usual, and our break time differs from our standard. Instead of our break being the 1<sup>st</sup> week of the April School Holidays, it will be the 2<sup>nd</sup> week of school holidays after the Easter Long Weekend.

**STAFF FOR 2017:** Our awesome team and their shifts remain as they were in 2016 (at the time of writing this newsletter)

## **INTENSIVE LEARN TO SWIM**

**PROGRAMS:** These programs only run in the April and September school holidays (dependent on enrolments) – when Tadpoles is closed to regular Term swimming lessons.

## RELEVANT DATES

**LAST DAY OF TERM 4 2016:** Monday 19<sup>th</sup> December 2016.

**FIRST DAY OF TERM 1 2017:** Monday 16<sup>th</sup> January 2017

**LAST DAY OF TERM 1 2017:** Thursday 13<sup>th</sup> April 2017

*\*\*\* Please take note that Term 1 2017 is slightly longer than usual AND the Term continues through the 1<sup>st</sup> week of April School Holidays WITH the break being the 2<sup>nd</sup> week of the April School Holidays.*

**PUBLIC HOLIDAYS TERM 1 2017:** Thursday 26<sup>th</sup> January 2017

Good Friday 14<sup>th</sup> April 2017

Easter Saturday 15<sup>th</sup> April 2017.

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## Baby Swimming.....

We encourage parents to wear a t-shirt in the pool during learn-to-swim lessons. Wearing a loose fitted t-shirt in the water will give your baby something to grip and hold on to. This is very important for encouraging independence in the baby. Even from a very early age we can encourage baby to grip and hold on. By maintain the baby's natural grasp reflex we can build their independence and self confidence. Independence may one day save your baby's life.

Conditioning teaches baby breath control on command. Here we prepare baby for their first underwater experience by conditioning them to react and hold their breath in response to the verbal conditioning trigger, "name, 1,2,3 big bite". To condition baby we sit them upright. Take a full cup of water. Use the verbal trigger, "name, 1,2,3 big bite" then Pour the full cup on the baby's forehead quickly. If a full cup is a bit much to start with, fill the cup 1/3 full, then increase the volume as baby is conditioned more. When conditioning we want the water to run quickly, smoothly and evenly down the forehead so that baby does not ingest any water. Parents should practice conditioning at home in the bath tub and during the swimming lesson. With daily practice baby will soon master breath control on command and be ready for their first underwater experience outside the womb.

First submersions must be performed in a horizontal positioning. This horizontal position allows the water to break on the forehead and run smoothly and evenly over the body. Submerging in a vertical position allows the water to be easily forced up the baby's nose. When submerging baby we use a double trigger. We continue with our verbal trigger, "name, 1,2,3 big bite" and follow it with a kinaesthetic lifting trigger. This lift gives the baby an opportunity to catch their breath before being taken under water. After each submersion parents should look baby in the eye, smile and congratulate their success. If baby cries or ingests water stop submersions and return to conditioning.

The most important thing to remember when teaching your baby to swim is that it must be fun for both parent and child.

- Laurie Lawrence method adapted to Tadpoles cues

## WATER SAFETY AND THE FESTIVE SEASON...

For many of us our festive seasons are spent around beaches, rivers and pools, making the most of summer and holidays. You've invested a lot of time and money in your child's aquatic education this year so you don't want to see those skills lost by just popping your child into a buoyancy vest or some kind of aid that just keeps them 'bobbing' about in the water....

### Tadpoles Tips:

- Stay within arm's length of your child at all times
- Practice Tadpoles class skills in the water with your child every time they swim (at least 15 minutes) and then move into play time
- If your child is under 3, practice and increase submersion/glide time; safe entries (lean forward); turning around underwater and exiting the water safely (pulling themselves out the water); manipulate their kicking (long legs & little fast kicks) when using a board/noodle.

### TADPOLES CLIENT TERM 1 2017 CHECKLIST:

- **ASK US IN THE OFFICE FOR ANY ADVICE ON WHAT TO DO DURING THE BREAK WITH YOUR LITTLE ONES, TO KEEP HONING THEIR SWIMMING SKILLS! WE ARE MORE THAN HAPPY TO HELP 😊**
- **PLEASE PAY \$75 PER STUDENT DEPOSITS PRIOR TO DECEMBER 5<sup>TH</sup> 2016 TO HOLD TERM 1 2017 CLASS PLACEMENTS.**
- **TAKE NOTE OF TERM 1 2017 DATES AS THEY DIFFER SLIGHTLY TO OUR USUAL TERMS.**

**DISCIPLINE IS HELPING A CHILD SOLVE A PROBLEM. PUNISHMENT IS MAKING A CHILD SUFFER RETRIBUTION FOR HAVING A PROBLEM. TO RAISE PROBLEM SOLVERS, FOCUS ON SOLUTIONS NOT RETRIBUTIONS.**

- L.R. KNOST