

# Elixr Swim School

## Information for Swim School participants



### Frequently Asked Questions

#### 1. Why doesn't my child have the same teacher as last time?

Although we try very hard to ensure continuity in our lessons, sometimes situations don't allow this to be possible. If your child has moved to a new level or you have decided to change days or times, then your previous teacher may not be available. Alternatively due to illness, study or other unfortunate circumstances, our teachers may not be able to remain with us at the same times or days.



#### 2. Why is my child not progressing?

As part of the learning process, children need to have time to form new pathways in the brain to interpret, comprehend and perform new skills. Even as adults you will find that if asked to perform a previously untried action it takes a while for the mind and body to learn and adapt.

Consider then what it must be like for a child, particularly young children who are still trying to work out how their bodies work and are still developing their motor skills. It is therefore not surprising that sometimes it may seem as though they are not progressing and even be regressing at times. But rest assured this is normal while they are experimenting with new concepts. Depending on the child, this may take anywhere from a few weeks to several months, but it is important to be patient and supportive during this process so that the child does not lose interest or confidence while developing at their own pace.



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#### 3. Why do I have to stay in the water with my child until they are at least three years old?

Children do not have the fine motor skills or muscle control to create the movements required so if parents assist their baby/toddler via manipulation and then allow them to practice (continually repeating this process) children are able to master the skill correctly at an earlier age. Practice time is paramount at Elixr Swim School. We believe in giving children a full half hour lesson with a limited number of children. Children do not always have the attention span or listening skills and therefore need constant attention and supervision. It would simply be impossible to give your baby/toddler a quality half hour lesson with all the attention they deserve if they were in a class with one teacher and all the other children. Parent and child bonding is also very important in the learn to swim process.

#### 4. What can I do to stop my child from crying when they are at the pool?

Try to find out what the problem is and it will be much easier to fix... Are they hungry? Are they tired? Are they cold? Did they swallow some water? For instance, you may simply need to feed them at a suitable time before they have their lesson, or you may need to put a rashie/wetsuit on the baby to keep them warm. Another way to stop a baby crying is through distraction. Toys are excellent distractions for babies. Noise is also great for distraction (e.g. songs). Also, talking, soothing and reassuring your baby is vital for them to feel comfortable and at ease. We advise you to stay calm, hug your baby and join in as much of the class as you can rather than getting out even if you are still just hugging in the water instead of doing the class exercises.

Finally, if your baby cries try to avoid getting out of the water. Try to comfort the baby while still in the pool. If you take your baby out of the pool every time they cry, then they are going to create more negative associations with the pool.

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#### 5. Does my child have to wear a cap while swimming?

At Elixr Swim School caps are compulsory for everyone excluding participants in the parent and baby classes. Caps are great for keeping long hair out of faces, keeping you warmer and they also assist in hygiene to keep our pool clean and tidy.

#### 6. Does my child need to wear goggles?

Goggles are not a necessity. However, they may help if children have sensitive or sore eyes. With goggles it is important that children do not become reliant on them. Which is why in week 7 "Safety Week" we teach the class without goggles.

#### 7. Why is diving not taught?

Our pool is legally too shallow for diving by 50cm the required depth for diving or seated dives is 1.5m our pool is only 1-1.1m.

#### 8. How long will it take my child to learn how to swim?

Every child is different and therefore it is impossible to give an exact answer to this question. However practice is the key to learning so if you want your child to learn quickly you need to take them to the pool regularly (this means two or more times per week). Holiday courses are a great opportunity for fast progression because the children get to practice every day.

It also depends on your definition of 'swimming'. At Elixr Swim School, we believe a child has not learnt to swim until they can swim 400 metres of freestyle in a correct, rhythmical style, and that a child should achieve this before they leave primary school. If your child has one lesson a week for every term throughout the year, they will only have had 20 hours of lessons in the whole year.

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### 9. What can I do to help my child become a better swimmer?

Give them opportunities to practice in and out of the water. The more they practice the better they will become! Take your children to friends' pools, public pools or book in for an additional lesson. Also think about things that you can practice out of the water, such as your 'big over arms' and the 'bend star pencil'.

### 10. Is attendance really that important?

Consistent attendance to classes allows your child to develop a routine and improve their confidence and independence. Try to keep their lessons going and you will see them benefit from the consistency. If you have one lesson a week for every term throughout the year they will only spend 20 hours throughout the whole year in swimming lessons.

### 11. Does Elixr Swim school issue certificates?

We sure do! We love giving certificates so much that week 8 is our certificate week. We do this in week 8 as often people are away during the last few weeks and we don't want anyone to miss out. One of our fondest moments at swimming lessons is awarding the children with our certificates and badges.

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### Progression Levels & Class Sizes

Below are our progression levels and the class sizes to give you a better understanding of what is expected of your children before they advance to the next level:

#### Parents and baby class

PB1 – 8 months – 18 months. 7 babies max, parents in pool

PB2 – 18 months – 3 years. 7 babies max, parents in pool.

T – transition 2 students possibly parents in the water. They need to be independent of their parent/carer in the pool, happy to put their face in the water and lay on their back.

#### T1- 2 students max

- Independent torpedo eyes down, small fast kick, 2 metres
- Independent 4 big slow arms and eyes down (as big as possible- which might not be over the water)
- Independent back float 5-10 seconds
- Independent back kick, small fast legs, 3 metres
- Understands and can make an assisted bend star pencil.
- Can wiggly worm 1 metre
- Safe entry and exit
- Throw rescue
- Shout for help

#### T2 – 3 students max

- Independent torpedo eyes down, small fast kick, 5 metres
- Independent 4 big slow arms, eyes down
- Superman breathing to the side- assisted
- Independent back float 10 seconds
- Independent back kick, small fast legs, 3 metres
- Understands backstroke arms, big and slow
- Can do bend star pencil with torpedo arms
- Can wiggly worm 2+ metres
- Safe entry and exit
- Throw and reach rescue
- Shout for help

# Elixr Swim School

## Information for Swim School participants



## Progression Levels & Class Sizes

### L1 – 4 children max

- Back and front float confidently
- Streamline in a torpedo on front and back with small fast kicks 5m
- Freestyle 8+m, big slow arms, breathing to side every four arms
- Backstroke 8+m, arm timing one arm in one arm out.
- Breaststroke legs 5+m, bend star pencil
- Butterfly leg kick 3+m breathing every four kicks using head and bottom for movement
- Safe jump into deep water and recovery from pool
- Treading water 1min with kickboard for support
- Log roll independently
- Submerge independently and pick up an object
- Forward somersault assisted

### L2 – 4 children max

- Back and front float confidently
- Streamline in a torpedo on front and back with small fast kicks 12m
- Freestyle 12+m, big slow arms, breathing to side every four arms ear in water
- Backstroke 12+m, arm timing one arm in one arm out, entry little finger first.
- Breaststroke 5+m (bend star pencil) pull, breath, kick, glide
- Butterfly 5+m breathing only when needed, working on arm timing
- Treading water 1min
- Throw and reach rescue
- Submerge independently and pick up an object without goggles
- Forward somersault

### L3 – 4 children max

- Streamline in a torpedo on front and back with small fast kicks 25m
- Freestyle 25m, breathing to side every four arms ear in water
- Backstroke 25m, arm timing one arm in one arm out, entry little finger first.
- Breaststroke 12m, pull, breath, kick glide
- Butterfly 12m breathing only when needed, working on arm

# Elixr Swim School

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### Progression Levels & Class Sizes

#### L4 – 5 children max

- Freestyle 50m, bilateral breathing attempted tumble turns
- Backstroke 50m, arm timing one arm in one arm out, entry little finger first.
- Breaststroke 25m, pull, breath, kick glide
- Butterfly 25m breathing only when needed good timing
- Understands a 2 handed and single handed finish and turn
- Treading water 2min one arm up in air
- Surface dive and swim underwater to search and recover object, with and without goggles

#### L5 – 6 children max

- Streamline body position with kick for 25m
- 100m Freestyle, bilateral breathing with tumble turns
- 100m Backstroke with good timing
- 50m Breaststroke, pull, breath, kick, glide, timing
- 25m Butterfly kick on arm entry and exit
- Increased strength and endurance

#### L6 – 6 children max

- Streamline body position with kick for 50m
- 200m Freestyle, bilateral breathing with tumble turns
- 200m Backstroke with good timing
- 100m Breaststroke, pull, breath, kick, glide, timing and turn
- 50m Butterfly kick on arm entry and exit with a turn
- Increased strength and endurance

Junior Squad is based on endurance and speed with the continuing of effective technique. Swimmers must have completed level six or equivalent to be able to enter. They run Friday nights 5.30-6.30pm and Saturday morning 8.30-9.30am.

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## Swim School

Term dates 2012

### TERM 1

Monday 30th January 2012 – Sunday 1st April 2012

### TERM 2

Monday 23rd April 2012 – Sunday 1st July 2012

Including Anzac Day and Queens Birthday Public Holidays

Extra: Monday 2nd July 2012 and Wednesday 4th July 2012

### TERM 3

Monday 16th July 2012 – Sunday 23rd September 2012

### TERM 4

Monday 8th October 2012 – Sunday 16th December 2012

# Elixr Swim School

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## Learn to Swim Hours of Operation

Day	Times (AM)	Times (PM)
Monday to Friday	9:00am-11:00am	3:00pm-5:30pm
Sunday	8:30am-11.30am	

## Learn to Swim Fees

### NINE week pricing (Term 1)

Price increase	Group	Private 1:1	Private 1:2
Member	\$145	\$400	\$470
Non Member	\$230	\$470	\$550

### Ten week pricing (Term 2, 3 & 4)

Price increase	Group	Private 1:1	Private 1:2
Members	\$145	\$400	\$470
Non Members	\$230	\$470	\$550

#### Please note:

New pricing effective 01st January 2012 • 2% credit card process fee applies • When you re-enrol and pay for your classes you have agreed to the terms and conditions which are available on our website or can be sent to you by emailing the swim school office at [swimschool@elixr.com.au](mailto:swimschool@elixr.com.au)

**Full payment is due at the time of booking otherwise positions will be offered to other students after December 5th**