



SOUTHDOWN'S ORCAS SWIM SCHOOL

What you need to know Document

(October 2011)

The following information is for the guidance of Parents and is applicable from the first quarter of 2012.

MISSION OF THE SOUTHDOWN'S ORCAS SWIM SCHOOL

Our mission is to teach children to enjoy water, to learn to swim and ultimately to be water safe. Beginners need to develop the basic skills of water confidence, streamlining, recovery and propulsion. These skills need to be taught in an easy-to-remember sequence. Once learned it forms the foundation for all future stroke development and can be reinforced as the strokes are further developed and refined. These basic mobility skills are of immense value to swimming at all levels of stroke development through to competitive swimming and lifesaving. We will ensure that the children achieve a high level of mobility in the aquatic environment.

SWIMMING PROGRAM

The swimming program is built from years of experience, swimming and coaching locally as well as internationally. This includes coaching babies, adults, toddlers and also those with special needs. Our aim is to keep instruction simple and understandable.

The most useful program comes from Baby Swimming (P.B.S.T.A.) which is the Professional Baby Swimming Teaching Association. They train infant / toddler swimming instructors and encourage interaction with fellow swimming instructors, enabling them to share knowledge and ideas thus promoting communication and unity.

IN ASSOCIATION WITH THE P.B.S.T.A. AND SWIM SOUTH AFRICA OUR METHOD OF TEACHING INCLUDES THE FOLLOWING

- ◆ Using tender loving care
- ◆ Adopting age appropriate skills
- ◆ By routine and repetition
- ◆ With ongoing progression
- ◆ By rewarding different levels of achievement.

WE WILL SPECIALIZE IN TEACHING BABIES AND PRE-SCHOOLERS THE FOLLOWING SKILLS

- ♦ Water orientation
- ♦ Water awareness
- ♦ Safety skills in and around the water
- ♦ Swimming skills in preparation for the swimming strokes
- ♦ Breath-control through familiarising the child with voluntary submersion by means of verbal, physical and visual cues prior to submersion
- ♦ Anxiety will be eliminated, with time and patience
- ♦ Confidence will be developed, trust will be maintained and breath control will be learned.

As with any sport the importance of going back to basics is vital. One always returns to the basics, analysing the whole process then using that as a starting point. A faulty start will be valuable time wasted.

The program will be rotated on a weekly basis. Weekly lessons will be broken down so that Swimming Instructors/ Instructresses and learners will have a clear understanding of what is required. Lesson plans will be drawn up, according to the learners' progress.

The weekly program will be taught to all age groups and children of differing abilities. Swimming Instructors/ Instructresses will adapt the intensity of each exercise to the ability of each learner. As an example a beginner will do three "speedboats" a short distance towards the steps, where an advanced swimmer might do "speedboats" across the entire pool.

Regardless of the child's level of skill, from novice to advanced swimmers, we can expand their knowledge and improve their skills. This will serve as a foundation for future life skills and will help them attain personal goals.

SWIM STAGES AND LEVELS OF COMPETENCE

- ♦ Penguin (Water orientation)
- ♦ Jelly Fish (Water exploration)
- ♦ Crab (Primary skills)
- ♦ Eel (Stroke readiness)
- ♦ Turtle (Stroke development)
- ♦ Clown Fish (Stroke refinement)
- ♦ Shark (Skill proficiency)
- ♦ Orca (Advanced skills)

These levels will be goals set for the learners throughout the year and awarded at an annual in-house Gala.

THE GOAL IS TO INTEGRATE ALL OF THESE INTERESTS WITH THE COMMON THEME OF SAFETY IN OR AROUND THE WATER AND TO PROVIDE YOUR CHILD WITH A LIFETIME SKILL

SOME BENEFITS OF SWIMMING

For the child

- ♦ Water awareness and water orientation
- ♦ Early introduction to water may prevent aquaphobia which is more likely to develop as a child grows older
- ♦ Safety in and around water
- ♦ Becoming acquainted with submersion may prevent fear and panic when in and around water thus reducing their chances of drowning
- ♦ Opportunity to bond with parent / caregiver
- ♦ Develops self-confidence and encourages independence
- ♦ Helps to overcome separation anxiety
- ♦ Gives your child a sense of accomplishment and achievement
- ♦ Enhances sensory stimulation in a fun filled atmosphere
- ♦ Swimming improves cardiovascular fitness
- ♦ Asthmatics benefit by exercising in warm moist air around pools
- ♦ Babies relax in water and the exercise improves their appetites and they sleep better

Speech and language development

- ♦ Promotes listening, concentration and attention span
- ♦ Improves ability to follow instructions
- ♦ Improves eye contact
- ♦ Improves breath control
- ♦ Nursery rhymes improve ability to sequencing skills and sound awareness which aids your child when learning to read
- ♦ Group interaction develops social skills

Motor and physical development

- ♦ Babies can exercise all muscle groups in water
- ♦ Improves and develops good muscle tone and balance
- ♦ Improves hand / eye and basis of bilateral coordination
- ♦ Encourages hands to midline, then crossing of midline and eventually bilateral Co-ordination
- ♦ Improves your child's spatial and body awareness
- ♦ Improves your child's motor planning skills
- ♦ Improvement of swimming skills in preparation for swimming strokes *and possibly resulting in your child winning gold in the Olympics!*

CRITERIA FOR SELECTING SWIMMING INSTRUCTORS

- ♦ All Swimming Instructors/ Instructresses will have to meet the requirements of at least one South African registered level 1 certificate, and also be in possession of valid CPR and First Aid qualifications
- ♦ Instructors will be carefully screened to ascertain their ability and experience of working with children. Final approval of Instructors/ Instructresses will be from the Head Instructress and Head of the Pre-Prep and the Senior Head at Southdowns College
- ♦ All staff will undergo regular briefings and training to ensure the highest level of coaching at Southdowns College. Also to provide the best information available on a broad spectrum of aquatic activities
- ♦ Candidates must be at least 18 years of age

- ◆ Candidates must have the ability to swim at least 50m of all 6 strokes
- ◆ Candidates will be required to submit a CV. A reference letter from previous employer or institution will be compulsory
- ◆ Candidates should have at least 2 years swimming teaching experience at Level 1, or at least 500 hours swimming teaching experience
- ◆ Consideration will be given to candidates with alternative swimming teaching qualifications by the Head Instructress and Head of the Pre-Prep and the Senior Head at Southdowns College
- ◆ All candidates will be required to have professional indemnity, public and employers liability insurance.

OPERATING SYSTEMS

Schedule and Instructors

- ◆ The Head Instructress will be Ms. Petro Dalton and an additional three well trained, qualified Instructors/ Instructresses, including a “runner” for the Aftercare pupils, and another 4 qualified student Instructors/ Instructresses for the late afternoon lessons.
- ◆ Instructors /Instructresses will be fully qualified and will have a valid CPR certificate
- ◆ Instructors/Instructresses will obtain their CPR and Swimming updates annually, during school holidays
- ◆ There will be two Instructors /Instructresses with 4-6 pupils per instructress at any given time
- ◆ Children will be placed in appropriate groups according to their abilities within their age and class groups. The swimming lesson, which is during school hours, will be worked into the Pre-Prep roster.
- ◆ The **morning swimming lessons** for Southdowns College Pre-Prep children will be scheduled between 8:00 to 13:00. The **Educators** will be responsible for getting the children to and from swimming lessons
- ◆ The **afternoon swimming lessons** for Southdowns College Pre-Prep children will be scheduled from 13:00 to 16:30 where the **parent / guardian** undertakes to look after the child before and after the lesson.
- ◆ Parents who are working can book their children into Aftercare on an ad hoc basis to enable them to attend the afternoon lesson.
- ◆ **Aftercare children** will be accompanied to the swimming pool by a staff member who will play the role of the swim school “runner”. The afternoon swimming lesson will not be the responsibility of Mrs. Pat Singh, Head of Aftercare, but will remain the responsibility of Ms. Petro Dalton during their scheduled swimming lesson time.
- ◆ The afternoon lesson is not compulsory, but it is strongly recommended.
- ◆ **Please note: If the afternoon lesson slot is not booked for the year it will be forfeited and will be made available to non Southdowns children for the remainder of that year. Parents must please book the afternoon lesson before Mid-term of term one of 2012**
- ◆ Open time slots will be made available to children who are not at Southdowns College Pre-Prep.

PLEASE BE ADVISED THAT THERE WILL BE NO CHANGES MADE TO THE SCHEDULING OF THE AFTERNOON LESSONS. It has already been a huge challenge to organize groups of the same children with the same instructress. Changes will only be made if a child progresses to the next level. Parents will be contacted and informed before any such change is made.

Please note that in order for us to run a happy and well-functioning Swim School it is essential that parents be punctual in order to have their child ready for their afternoon lesson.

A FREQUENTLY ASKED QUESTION

“Can pupils do only one swimming lesson a week?” The children need two lessons a week to gain maximum benefit.

Water fitness is different to land fitness. In order to **maintain or increase skill, strength and confidence**, exposure to water must be consistently maintained throughout the year. The odd few weeks break can do no harm. However, regular practice during the learning stages must be continued on an on-going basis. Swimming skills develop as the children grow. Please bear in mind that when there is little interruption of coaching and regular correction, bad habits cannot develop.

Parents should bear in mind that although it can be cold in May and August there are many swimming benefits to swimming at this time. Some are listed below:

- ♦ Establish strong immunity
- ♦ Physical stamina and strength
- ♦ Co-ordination and balance
- ♦ Body tone
- ♦ Confidence and self-esteem
- ♦ Increase metabolism and circulation
- ♦ Strengthened lung capacity particularly beneficial for asthmatics
- ♦ Fitness, vigour and recreation

Being exposed to varying mild temperatures stimulates the body's thermostat to function more efficiently.

OPERATION

Tuition venue

- ♦ State of the art facility
- ♦ An indoor heated pool, which is chlorine free
- ♦ Consistent water temperatures between 28°C and 32°C
- ♦ A pool that will be hygienically maintained
- ♦ The pool will be tested regularly by a reputable laboratory
- ♦ Affordable rates
- ♦ Tuition by qualified, committed and consistent Instructresses.

The swimming calendar, according to Southdowns College Calendar

Term 1

January, February, March

April – Holiday program will be offered.

- ♦ **Term 2 (Gala, 19 May)**

May

June, July – Closed for winter

August – Holiday program will be offered

- ♦ **Term 3 (Gala, 3 Nov)**

September, October, November

Pool operating hours

- ♦ Monday to Fridays, 5 days a week

- ◆ Operating hours 8:00 – 18:00 for Learn to Swim
- ◆ 18:00 to late for other aquatic programs
- ◆ Closed on Public Holidays, midterm breaks. There will be no swimming during school time during June & July.
- ◆ There will be no swimming lessons on the afternoons of the days that school closes for midterm or holidays.

Swimming uniform

- ◆ Boys – Speedos or Jammers **no baggy shorts**
- ◆ Girls – Full body costume - no two piece costumes
- ◆ Any swimming towel clearly marked with the child's name
- ◆ Swimming caps, can either be material (Lycra) swim cap or silicone caps (soon we will have our own swim caps available at the swimming pool)
- ◆ **No latex swimming caps** will be allowed as they are very difficult to put on
- ◆ No goggles are allowed unless otherwise informed by the Instructors/ Instructresses.

The Learn to Swim pool will not only benefit all the Pre-Prep children, but also any child and baby who are not yet comfortable and competent in and around the water. Prep learners will have coaching in the afternoons.

General Rules

- **Swimming caps are compulsory!** All learners and anyone likely to submerge are required to wear a swimming cap.
- Towels are to be clearly marked
- Change rooms are available
- Silence is expected in the change rooms whilst classes are in progress
- Facilities are to be left tidy for the next person
- No smoking will be allowed on the premises
- In the event of a severe thunderstorm you will be notified whether the lessons are taking place or not. Normally we would wait until the storm subsides and continue with lessons. The final decision regarding swimming lessons rests with the Head Instructress
- Lessons will only be twice a week
- Duration of the lessons will be 25 min and 15 – 20 min for individual lessons
- A lesson missed is a lesson lost, there will be no make-up lessons
- Please notify us in advance via sms at **083 6600 202** if your child will not attend a lesson
- Please be on time for your lessons.

Discipline

- We reserve the right to stop a learner's lesson immediately if his/her behavior affects the lesson negatively
- No spectators will be allowed in the swimming pool area. There is a waiting area behind the glass screen
- No extra spectators are permitted unless previously arranged
- Mothers are requested to keep their voices down and not to interfere with the teaching program, which could disrupt the lesson
- If unavoidable, and siblings are brought along, they must be kept quiet, under control and seated
- Be considerate of teachers in classrooms next to the Swim School
- Distractions are not conducive to the learning environment
- Please acquaint yourself with the information on the glass doors and notice boards
- Please contact us directly regarding any aspects concerning your child's swimming

- Contact us via email at petroswim@cinet.co.za.
- Learners must be ready for their lessons 5 minutes before their lesson commences and are required to leave the swimming area as soon as the lesson is finished to minimize congestion
- Learners are expected to use the bathroom before their lesson starts in order to avoid wasting valuable teaching time
- Parents with children under the age of 2 years are not permitted at the poolside or indoors whilst a lesson is in progress
- The duration of the lesson largely depends on the learner, although 15 – 20 minutes is allowed for a private lesson and 20 – 30 minutes for a group lesson
- Learners should not have consumed anything heavier than fruit juice at least an hour before their lesson
- Parents / guardians undertake to supervise the learner before and after their lessons.

COACHING IS SUBJECT TO THE GENERAL RULES OF THE POOL. PLEASE READ AND FAMILIARIZE YOURSELVES WITH THE TERMS AND CONDITIONS.

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