



The Freestyler!

March 2016

TERM 1, 2016

Toddler Program

Term2

Mon 4 April - Sat 9 July
14 weeks

Term 3

Mon 11 July - Sat 1 Oct
11 Weeks.

School Program

Term2

Mon 11 Apr to Sat 25 Jun
11 weeks

TERM 3

Mon 11 Jul to Sat 17 Sept
10 Weeks

Lucy and Hannah's Foundation

This term we have been doing some pretty special teaching here at Arana Hills Swim School. Lucy is 5 years old and has recently survived a drowning. Lucy was at a house swimming with family & friends. Lucy's mum was in the water with her along with other parents and children. Lucy swam just out of reach into the deep end when her goggles filled with water causing her to panic. Lucy's mum was talking with other mums in the pool & lost sight of Lucy for just a moment. Catherine looked for Lucy & called to the other parents asking "where's Lucy?!" Lucy was within 1meter of the parent that Catherine was talking to floating, lifeless just under the surface of the water. Lucy was quickly pulled from the water and thankfully they managed to revive her. Lucy is now undertaking the reintroduction to water program developed from

years of research & findings from Hannah's Foundation. Hannah's Foundation is a charity dedicated to Drowning prevention, awareness and providing support & grief counselling to family after a water tragedy. Together with Arana Hills Swim School, Lucy is doing an amazing job at rebuilding her confidence & relearning her swimming & survival skills. As you can imagine Lucy is very nervous and has trouble putting her eyes under the water. This demonstrates the importance of encouraging "goggle free" time during swimming lessons social swimming time. Catherine is happy for us to share Lucy's story to show just how easy it is for something to go wrong to everyday parents. It all happened so quick & so so silent. Thankfully the



worst didn't happen to Lucy, but sadly, the reality is that most children aren't this lucky. Through initiatives such as safety week and constant, consistent teaching of both swimming skill and water safety we hope to reduce the risk of this happening to any other children. Sadly, swimming lessons alone don't prevent drowning, vigilant parental supervision is always imperative no matter how confident or strong your child is, or what age they are.



Like us on Facebook to stay up to date with reminders & specials!

Child Minding

MON - FRI
8:30am - 11:30am
SAT - Closed

Tea Coffee & Hot Chocolate \$3.00



Available from kiosk



Cookies \$3.00

COFFEE & COOKIE COMBO \$5

Water Safety Week Mon 14 March to Sat 19th March

Once again, its Water Safety week time! This dedicated Safety Week allows the children to experience a range of water activities in a safe, supportive environment where the focus is on encouraging the children to think outside of their comfort zone about scenarios that could happen in & around water. We conduct fun activities such as falling out of a boat or into a pool un-expectedly, safely saving someone who is in trouble and focusing on water safety knowledge. The activities are heaps of fun and the kids have a blast while also learning important life skills and knowledge. We believe that we are teaching kids to swim not just so they can do well at their school swimming carnival but also so they can have fun and be safe in and around water. Our theme for safety week this term is Super Hero's we encourage your child to dress up as their favourite super hero. - Children will not swim in dress ups! **** Remember to bring Jumpers & TrackPants for swimming in!! ****



MEET OUR STAFF: Ben



Ben has been a part of our team for just over a year now. Ben juggles being a professional life guard and pool manager with soccer and swim teaching. Ben is a past QLD state level swimmer. Ben joins us every Friday & Saturday, teaching all ages & levels of swimming.

Favourite Food: Butter Chicken
Favourite Movie: Coach Carter

Motto in life: Never do anything tomorrow that can be done today.

Illness Policy

In the interest of all patrons & staff, we ask that you please respect strict health & hygiene policies when attending our swim school. We understand missing lessons due to illness is inconvenient, however in the overall health & welfare of all of our swim school families we ask that you review our Time Out and our Make-Up lessons if your family are experiencing illness of any kind.

