

# Gatton Swim Centre

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## HOW LONG DOES IT TAKE TO LEARN TO SWIM?

### What can I do to help as a parent? Can I make a difference?

By Trish Reinhardt

This are some of the questions that I am most asked, as a Swim Teacher.

The answer is that time taken depends on a variety of factors, as swimming is a complex task that requires co-ordination and development as a skill. It also depends upon the starting point, as a child who goes to the pool every Sunday to play with Mum and Dad will be miles ahead of a little one who refuses to have his hair washed. So the starting point is something that you as a parent can make a huge difference with. The further ahead you are, the less time it will take, the faster we can progress, the more money you can save! Play is a huge confidence builder, so making the bath a fun experience, swimming often at the beach or a pool can all be activities that help you get a great head start!

Having confidence before coming to swimming lessons puts sets you up for success, as your child will be ready to learn, eager to participate and happy to attend the lessons. The best lessons I have are those where the child had their goggles on at breakfast because they were so excited to be coming to lessons! Good preparation by you the parent, talking about how lessons will be fun, what a good swimmer they will become and perhaps having a play together after a lesson, all these activities help enhance the positivity of your lessons!

Our staff are great teachers who are very dedicated and

who really want to do a great job. It is wonderful when I get feedback from teachers...oh wow that was SUCH a great lesson!

But staff are not miracle workers, and if your child is screaming at home in the bath and resisting going into the big pool, then your child is going to find it upsetting and perhaps stressful in lessons. The teacher will wear down fears and reluctance eventually, but imagine how much further ahead they could be if you were participating in the adventure! Often parents are so embarrassed or angry at their child's 'misbehaviour' that they try one lesson and don't come back.

You as a parent have a HUGE input into how your child's lesson turns out, even if you can't swim! You can:

- \* Start play and lessons from a young age
- \* Talk positively and with excitement about lessons
- \* Practice for when they will be in lessons in our own pool
- \* Watch some lessons together and talk about what is happening.
- \* Prepare early for your first lesson
- \* **Make sure lessons are consistently attended**

## HAPPY SWIMMING!

### BLOCK IS BACK!

14th—18th December

- \* Water Skills 9.30am
- \* Learn to Swim 10am
- \* Stroke Development 1 2pm
- \* Stroke Development 2 2.30pm

All classes maximum 5 swimmers, \$9 per class.

## 0 to 5 Years Old—Parent within Reach of Child!

Recent tragedies at three South East Queensland pools continue to raise awareness of the difficulties and dangers inherent when swimming.

Our Lifeguard staff continually express concern for those children whose parents don't realize how

quickly a tragedy can occur.

**It takes just TWO MINUTES for a drowning to happen.**

Please don't sit at one pool while your under 5 is in another and please don't be offended if our

staff ask you to move closer to your child, but accept the advice as an indication of how much we care!

Always remember Lifeguards are NOT babysitters and it is YOUR job to ensure your child's safety.

**Carnivals November—Mornings ONLY Fri 13th Nov, Tues 24th Nov, Thur 26th Nov, Mon 30th Nov,**

**All afternoon Lessons will go ahead as per usual**

**Pool Closed Sat 21st November for the whole day—NO LESSONS—Gatton Multidistance Carnival**

## Coaches Corner... by David Reinhardt

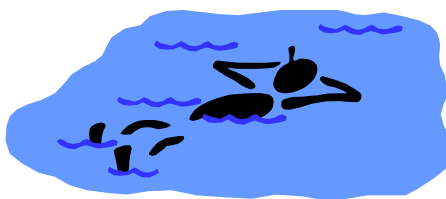
Ashleigh, Jess and I were invited to Fairholme College this Wednesday to attend a workshop conducted by Scott Volkers of the QAS. Scott videoed underwater each of the National Swimmers who attended and then analysed their stroke. This is a great tool and it was excellent for the swimmers to see for themselves what they are doing, as well as have some of Scott's stature do an analysis.

14 of our swimmers attended the Toowoomba Open last weekend and there were some excellent results (see below). Ash and Jess will be competing in Brisbane Sat and Sunday this weekend, and we are all

looking forward to our own Multi-Distance Meet on Saturday 21st Nov.

Special mention to all the junior jelly beans who are swimming on Friday mornings, well done guys! I know your parents are delighted to be up so early! :-)

Keep up the great training, some good results are on their way!



### LESSONS ON A SUNDAY?

We are presently considering lessons on Sunday mornings, Water Skills and Learn to Swim Only

Please indicate your interest to reception. If there is a strong response, lessons could start shortly.

### GRADUATIONS

There were more than 40 graduations from October, too many to be listed here, but congratulations to our great swimmers, that's fantastic!

A special mention to Baylee Thrupp whose name was misprinted in September graduations. Baylee moved from SD1 to SD2, well done Baylee!!

## Gatton Swim Centre Swimmers at Toowoomba Open by Trish Reinhardt

On Saturday 7<sup>th</sup> Nov members of the Gatton Swimming Centre stepped up to the mark and took on all comers at the Toowoomba Open at Milne Bay. Competing against the best of the Darling Downs as well as invited Brisbane Clubs and representative development squads, our swimmers achieved some fantastic results.

The charge was led by our newly selected Club Captains, Ashleigh Olive and Matthew Cumner, who were both delighted to go under 30 seconds for the 50m Freestyle. Matthew went 28.33sec and Ashleigh 29.68 to both swim great personal best (PBs) times. Ashleigh went on to win a silver medal in the 100m Breaststroke and another silver in the 50m Breaststroke. Ash also swam her first National Qualifying time for the year. Matthew showed the benefits of hard training to go on to achieve 5 personal best times for the day out of 5 swims as well as a 3<sup>rd</sup> in the 100m Backstroke.

Megan Rutherford came 1<sup>st</sup> in the 50m breaststroke and 2 pbs for the day, Daniel Nolan 2<sup>nd</sup> in the 50m Free and 3<sup>rd</sup> in 50m Fly with 3 pbs. Merryn Ford contributed to the medal tally with a silver in the 100m Backstroke and a bronze in the 50m back, 1 pb.

Gabrielle Bendall swam a huge program to achieve 6pbs, one of which of which was a giant 12 second personal best in the 100m Breast. Caitlin Nolan shone with 3pbs out of 4 swims, Kimberly Cooper 3 pbs out of 5 swims, Aiden Van Ee swam 2 pbs. Naomi Cooper two pbs. Matthew Olive had a great day in the pool.

Stephanie Cooper gets a special mention for her incredible 18 second personal best time in the 200 Individual Medley, as well as swimming three pbs for the day.



Megan Rutherford competing at the Toowoomba Open  
Photo by Sharon Grosskopf

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