



Swimming Through Winter

Being confident in the water; because you have the skills to be able to control your movement through the water and to be able to get your mouth out of the water to take a breath; requires a high degree of skill. This skill is a bit like a jig saw puzzle in that you put the skill in place piece by piece and you have to stick with it to finish the puzzle.

There is a saying “use it or loose it”. This is very true when it comes to the embryonic stages of acquiring your Personal Aquatic Survival Skills (PASS). It is during the early development stages of your child’s acquiring these skills that continuity is essential. Once the skill is perfected and your child can swim 25 meters (two lengths of our pools) without stopping and in control of their breathing then that skill is normally with them for the rest of their lives. However until your child gets to that point it is important they continue to practice their aquatic skills in order for those skills to become firmly entrenched.

There are a lot of advantages to continuing your swimming lessons during the cooler months and they are:

1. There is no decrease in your child’s skill level
2. There is an increase in your child’s skill level
3. By the time the warmer months come around your child will be a lot more competent and relaxed in the water environment
4. There is an opportunity to take advantage on any winter specials the swim school may be running
5. Normally during the cooler months your child will be given the opportunity to feel what it is like to swim with their cloths on
6. The water is always heated to at least 32 degrees Celsius.
7. The observation room and changes rooms are heated.
8. Your spot in the swim school roster is assured which means when the warmer months come around you will not have to re-book and possible miss out on a time slot that really suits you current routine.
9. If your current time slot is not ideal the during the winter months you should be able to transfer to a more suitable time slot

So you can see there are a lot of advantages to continuing your child’s aquatic development during the cooler months and we urge you to take advantage of our heated facility.

— Chris Shapland

Heated dressing rooms, private classes and parent viewing room.

Chris Shapland

Head Office: (07) 3284 1444

Mobile: 0414 273 497

www.shapswim.com.au