



REC CLUB

CASUARINA SWIM SCHOOL NEWSLETTER

TERM 3: SWIMMING LESSONS

Term 3 swim lessons commenced on Monday 19/7/10 and will conclude on Saturday 25/9/10

10 WEEK TERM.

FEES ARE NOW DUE:

\$120.00 for advance payment or \$13.00 per lesson but you must be paid one lesson in advance if you decide to pay weekly.

Consistency is the key to overall progression when swimming so you should be encourage to swim all year round to see best results. I recommend at least two lesson per week to see good advancement and development in your child's swimming ability.

SWIM & SURVIVE - WEEK 6

During week 6 of this term our teachers will be delivering a swim and survival lesson. This is aimed at teaching some basic rescue

techniques and water safety for all the kids involved in our learn to swim program. Parents are also actively encourage to attend as we will have a demonstration of current CPR

practices.

CPR COURSE/FIRST AID

If you are interested the swim school can organize for any person that is interested in conducted a update in CPR/Resuscitation & basic First aid. This is an important lesson for all parents so if you think you might be interested see David or Kim for more details.

BOARD SHORTS & WET SHIRTS

No board shorts please! They weigh the children down in the water & restrict leg movement. Remember we are trying to develop good kicking and floatation skills!! Rash vest/ wet shirts are not needed as our pool is kept at 32°. They weigh the children down in the water, similar to swimming with extra clothes which makes it difficult to float & kick.

Exceptions to this will only be allowed in Mums & bubs classes. Babies lose body heat faster in the water, so a wet shirt controls heat loss when swimming.

OUR TEACHERS WILL NOW BE ENFORCING THIS RULE.

GOGGLES & CAPS

We encourage all children to wear goggles during swimming lessons. Please no face or dive masks.

Children with long hair (girls & boys) are to wear swim caps. Wearing a cap enables the teacher to see your child more clearly whilst teaching & also allows the student to focus on their swimming skills & not worry about their hair covering their eyes, goggles & face. Wearing a cap also protects the children from ear infections. Ear infections are common when children swim regularly. Blue tack molded & placed in ear together with a cap can help prevent ear infections.

See reception for our quality range of Vorgee Swim Goggles & Swimming Caps.

SWIM STARS OF THE MONTH



NOAH DEVALENCE



APONI MANN

POOL RULES AND CONDUCT

All parents must supervise their own children at all times. This includes both indoor and outdoor pools. Please be on time for your swimming lessons. Make sure your children have their goggles, caps and drink bottle with them ready to commence each lesson. Please no food inside the pool complex. Obey the pool signs and rules as displayed on the front entry door.

FRIDAY NIGHT SWIM CLUB

I would like to reintroduce Friday night Swim Club for all the kids who participate in swimming at Casuarina Rec Club Swim School. To implement this we would need a small committee of volunteers.

If you think you can help out please give your name to Ann or David. We will hold a general meeting to discuss the swim club on Thursday 19th August, 2010 at 4.00pm. Rec Club.



CASUARINA REC CLUB SWIMWEAR.

We now have smaller sizes on hand in our range of swimwear.

Girls Size 4, 6,8,10,12

Boys Size 4,6,8,10

See front reception desk for stock on hand



Casuarina Rec Club,