

Tips & Tricks for School Swimming Lessons

Getting Organised

- Label everything! Towels, bathers, goggles, underwear, crocs and bags often look the same, names help everything find their way home.
- Pack the night before so mornings are calm.
- Pack crocs or thongs in the swimming bag - students will wear these to and from the pool.
- Pack a reusable shopping bag or wet-bag for wet items.
- Check bathers fit comfortably and are easy for your child to put on and take off independently.
- At the end of the day, place the bathers in a bucket of water, ring out and hang out for the next day.
- For one piece bathers: Keep bather straps off shoulders (wear them under clothes) until swimming lesson time, it makes toileting during school time much easier.

On Swimming Days

- Dress your child in their sports uniform each day of swimming lesson, bathers underneath.
- All long hair needs to be tied back in a bun using simple hair accessories eg. no bows.
- Send extra healthy snacks in your child's lunchbox and don't forget a water bottle. Swimming can make children extra hungry and thirsty.
- Baby powder inside swimming caps can make them much easier to put on and take off.
- All students must travel to and from swimming lessons by bus.

What to pack in your child's swimming bag

- Towel
- Goggles
- Galilee swimming cap
- Crocs/thongs
- Underwear
- Wet bag/plastic bag
- Hairbrush if your child has long hair

*Please make sure EVERYTHING is labelled. **No food** in swimming bag please*

Helping Your Child Feel Ready

- Talk positively about swimming, focus on fun, learning new skills and being safe in the water.
- Explain the routine: bus ride, getting changed, swimming lesson, changing back and returning to school.

- Practise getting changed at home so your child feels confident managing clothes and towel independently.
- Reassure them that teachers and instructors will help if they feel unsure or nervous.
- Prepare your child for lessons by telling them students may not be grouped with their friends and that is ok. The group that they are put in will be the best group for them to learn new skills and techniques for swimming.

After Lessons

- Children may be tired and hungry. An early night and healthy snacks help.
- Rinse and dry bathers and towels each afternoon so they're ready for the next day.
- Celebrate progress; small achievements build water safety skills and confidence.

Swimming program for the week

Day 1: Students' swimming abilities will be assessed during the first lesson. There will be minimal swimming on this day so instructors can observe each students' skill levels. This is usually based off a 50m swim up and back.

Please note:

- Students will be placed in the group that best matches their ability.
- Each group may include a range of skill levels and instructors will tailor activities to meet individual needs.
- Students might be assigned to a different group than the one they attend for private lessons.

Day 2 - Swimming techniques and skills according to the level that your child/ren is placed in.

Day 3 - Swimming techniques and skills according to the level that your child/ren is placed in.

Day 4 - Swimming techniques and skills according to the level that your child/ren is placed in.

Day 5: Students will be assessed on their ability to tread water while wearing clothes.

Please prepare the following for Day 5:

- A spare set of clothes that are **not** school uniform or denim (PJs are recommended).
- Students should wear their bathers under their school uniform to school.
- Upon arrival at the pool, students will change out of their school uniform into their spare clothes and enter the pool wearing them.
- After the lesson, students will need a wet bag or plastic bag to take their wet clothes home.