



Dear Parent/Guardian,

As part of your child's upcoming School Intensive program, they will participate in a dedicated Water Safety Day on the final day of the program!

To make the experience as realistic as possible, we ask each student to bring a set of old clothes to wear over their bathers. We recommend either long pyjamas, or tracksuit pants and a t-shirt or long sleeve top. By wearing clothes and not having goggles on during this session, we aim to help teach students what to do if they ever did unexpectedly fall into the water, but in a safe and controlled environment.

On **Friday 23rd February**, your child will take part in the various Water Safety activities below whilst wearing clothes:

- How to blink water out of their eyes instead of wiping them, so their hands are free to help them swim
- What the 'help signal' is and what to do if they see it
- How to safely rescue a person using a variety of different objects
- How to use a floating object to get themselves to safety
- Techniques used to enter the water safely (eg. in unknown depths or murky water)
- How to float on your back unassisted and/or using floating objects
- How to tread water and paddle to safety
- The difference between swimming on their front and back to aid recovery
- How to take heavy and wet clothes off in the water
- Learning where, when, and how to correctly wear a PFD
- Gaining knowledge on different open water environments
- How to safely enter and exit a boat in an emergency situation

We aim to ensure this lesson is conducted in a way that each child feels safe and comfortable, while still having fun. All skills are taught in a level appropriate manner in line with your child's swimming abilities.

If you have any questions at all, or would like to enquire about enrolling your child in our weekly School Age Learn to Swim or Holiday Intensive programs, please don't hesitate to get in touch with our Reception team by calling us as 5335 7147, or sending us an email at info@shaynereeseswimming.com.au.

We look forward to seeing you at the pool!

Shayne Reese Swimming
132 Whitelaw Avenue
Delacombe VIC 3356

Where PASSION meets EXCELLENCE, a swimming EXPERIENCE that lasts a LFIETIME!