



PAUL SADLER SWIMLAND ESSENDON NEWSLETTER - EDITION 11: TERM 2 2010 -



EARLY BIRD WINNERS

CONGRATULATIONS TO THE DAVIS FAMILY, WHO WON THE FREE TERM OF SWIMMING LESSONS, A 12 MONTH MEMBERSHIP WITH 'FRIENDS OF THE ZOO' AND V.I.P. CAR PARK with our Term 2 early bird re-enrolment incentive.

EARLY BIRD SPECIAL!!!

All families who re-enrol by **Sunday June 13th**, the end of Week 9, will go into the draw for a night out in Melbourne including accommodation and dinner plus a free term of swimming for the family. All families who re-enrol by **Sunday June 20th**, the end of Week 10, will go into the draw for a free term of swimming for the family and a family photo session (including 1 print).

RE-ENROLMENT DATES FOR T3, 2010

A friendly reminder that re-enrolment by way of your term fee must be finalised by Sunday 27th June to guarantee your spots for Term 3, 2010. Please see reception to re-enrol and confirm your place. If you have any concerns regarding term fees or your enrolment for Term 3 please don't hesitate to speak to a Deck Supervisor prior to the end of term. **If your term fees are not paid by Sunday 27th June, this will result in your place in the program being made available for other confirmed swimmers.**

CHARITY AND FUNDRAISING NEWS

\$15,000



A massive thank you to all the families who purchased a sausage from our sausage sizzle at the end of Term 1. We raised **\$4040.15** for the Royal Children's Hospital. This is a fantastic effort, and means that we are well on our way to our 2010 fundraising target of \$15,000.

During Week 6 (17th – 23rd May) of this Term 2, we will be having Underwater Photos!

Each print copy will be \$8 and will be available for collection at the centre from Week 7, again with all proceeds helping the Royal Children's Hospital. Thank you for your ongoing support for this very worthwhile charity.

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www.paulsadlerswimland.com

IT'S ALWAYS SUMMER AT SWIMLAND

Swordy is coming in Week 9, Monday 7th June – Sunday 13th June to welcome in the winter months at our ***“It's Always Summer at Swimland”*** theme week.

Put on your boardies, sun hats and zinc cream and join the staff for a fun game at the end of your lesson. We love the fact that at Paul Sadler Swimland the water temperature is set at 32 degrees and the air temperature is a balmy 27 degrees. That's why we love to celebrate each year that ***“It's Always Summer at Swimland”***.



BUILDING A CHILD'S CONFIDENCE

It is well known that parents have the biggest influence over how their children act and behave when they are under 5. We have the most time with them and how we act and what we say then shapes how our children feel or act. “Happy Kids”, a free online newsletter from Michael Grose, wrote on this very subject with significant relevance to our Swimland parents, from Swordy Tots to Learn to Swim and beyond.

“Confidence is about risk-taking and trying new activities and confident kids are more likely to make the most of their potential as they'll extend themselves both socially and learning-wise” says Michael. Paul Sadler Swimland believes strongly in the powerful position you as parents have when you have a ratio of 1:1 with your child. In our Swordy Tots program, the teacher is the facilitator, whilst the parent is teaching their child. Here are some factors that will have a most powerful influence over whether you have a confident child in the water:

- Parent modelling: in the water, we can have parents unsure or nervous about what is being asked of them or their child. Kids are like sponges; they absorb the mood and feelings around them, especially of their primary care-giver in the water. We ask parents to have a happy face when water is poured over the child's face or after a submersion so that the child feels good about what has happened.
- Encourage positive self talk: If a child finds something difficult, they often say “I can't” or “I don't want to” which is negative self talk. Let's assist them to think in more positive terms, “I can try that” or “I can do it”.
- Appreciate effort and improvement: Acknowledge the effort your child is putting in to learning a new skill rather than the outcome. That is, even though they can't yet dog paddle for example, they will be trying to run independently through the water or may be digging their hands, so focus on that part of the skill and let them know you have noticed them trying really hard.
- Teach self-help skills early: “ Confidence is linked to competence” - no matter how much you praise them, unless they have some success with tasks, confidence may be lacking. Small tasks like getting their own floaties or being able to move in the water by themselves will create higher self-esteem and thus confidence.
- “Build scaffolds to success and independence”: We teach the skills in small blocks so that children can feel successful. We would never expect children in the Swordy Tot program to be able to get in and swim. We teach the components of the skill, then build on it to develop more complex skills when their competence is demonstrated. This builds their confidence and self-belief, allowing the child to demonstrate their knowledge which is always so pleasing to see.

Michael says “ Effective parents do the basics well. Confidence-building is one of those foundation areas that can have an enormous impact on kids and one that we call all learn more about”. In the Swordy Tot program, this is part of the key to your child's success. For more information, Michael Grose can be found at [www. parentingideas.com.au](http://www.parentingideas.com.au) and Happy Kids is a free fortnightly online newsletter.



WINTER SPECIALS

Although it's always Summer at Swimland, outside of the pool, winter is definitely approaching us quickly.

To keep you warm on your way to and from swimming lessons this Pre Winter Sale during May, will have our toasty Swordy Beanies and Scarves on sale for only \$10 and \$12 respectively.

What a fantastic way to keep you warm after a swimming lesson. Please see our friendly reception staff for all your winter stock needs!

Swordy Beanies \$12

Swordy Scarf \$10

Beanie & Scarf Combo \$20

SWIMLAND SWIM CLUB

What a great season SSC have had with 39 members smashing P.B'S throughout the year and finishing off the season with 3 swimmers qualifying to compete for Team Aussie at the Indian All Stars in Perth. What more can we say, it cannot get much better than that - or can it? So if you are interested in competing for your School, SSC or even Australia come down for a free trial sessions and begin to set your goals and see where it can take you. The season commences in **May 2010** and ends **April 30 2011**.

All Squad Swimmers are welcome to join in on our Aggregate Meets that are held each Term, where you can experience competing in a friendly, fun environment. Registration Day will be held in conjunction with the next aggregate meet on **Saturday 5th June at 5:00pm**. This will be an opportunity to learn how to register on line for the season and for meets throughout the year.

Learn how to track your Child's progress online and be part of the Team Photo for season 2010/2011. Free Trial sessions are booked on line with the site coordinator and currently Essendon offers training sessions 5 times throughout the week. Please contact veronica.phelps@paulsadlerswimland.com to book in your free trial session and to answer any questions related to club.

WINTER HOLIDAY PROGRAM

A wonderful addition to term swimming lessons is the 'Swim and Survive' Intensive Holiday Program, at the discounted rate of \$70.

For all swimmers, the holiday program can be a great boost of confidence and skills going into the new term. Attending for 5 consecutive lessons is beneficial for improving bad habits, reinforcing good ones and eliminating the 'forget factor'. The holiday program can also be a helpful transition into our lessons for new swimmers.

The program provides structure and fun to children's school holidays, with morning classes allowing families to still enjoy the rest of their day.

The Winter Holiday Program is now open for bookings; please see reception for available classes and times. **Monday 5th July – Friday 9th July**, during the second of the school holidays, classes operating from 7:30am – 11:30am. There are limited places available for all levels so book early to secure your position.



HAVE YOU VISITED THE PAUL SADLER SWIMLAND WEBSITE?

Want to check out upcoming events on the Paul Sadler Swimland calendar? Learn more about the PSS philosophy and history? Apply for a position to join our team?

Check out our award winning website, www.paulsadlerswimland.com!

A fantastic resource for information about the Paul Sadler Swimland teaching philosophy, community outreach efforts and important PSS news. For any questions regarding the website, please see one of our friendly Reception team.

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