

### What is this swimming school's policy on floatation devices?

We believe children should learn to swim without the assistance of floatation devices. Children should learn the feel of their own buoyancy and be able to experience that fun floating sensation before propulsion is taught. Learning to swim without floatation devices teaches children a respect for the water and keeps them safe.

Our programme first of all will teach your child to respect the water and the essential survival skills. Then as soon as he/she has developed the coordination required, formal strokes will be introduced.

### Does my child have to wear a cap during swimming?

We recommend caps to children participating in learn to swim classes and above. Caps are great for keeping long hair out of faces and they also assist in hygiene allowing us to keep our pool clean and tidy. At Swimming Stars™ swimmers are also grouped according to cap colour indicating the level and improvement of each swimmer.

### Does my child need to wear goggles?



Goggles are not a necessity. However they may help if children have sensitive or sore eyes. With goggles it is important that children do not become reliant on them. This means always conducting a certain part of the lesson without goggles, for example the survival skills. Remember children need to learn to swim without goggles for safety reasons e.g. if they fall into a pool.

### What happens if my child falls ill?

Please notify the front desk that your child will not be attending the lesson and that the swimming teacher should not wait for him/her. If your child needs to see the doctor please request a doctor's letter which will enable you to arrange a make-up lesson. If your child is seriously ill, breaks a limb or needs an operation there is always the option to put your membership On Hold for an extended period at a reduced fee.

[www.learntoswim.co.za](http://www.learntoswim.co.za)

## Ryk Neethling Swimming Stars™



### GENERAL INFORMATION GUIDE FOR PARENTS

**Franchise** .....

**Owner/Manager** .....

**General Office Hours** .....



#### Direct Contact Information

**Kyalami, Midrand** 011 0242034; [kyalami@learntoswim.co.za](mailto:kyalami@learntoswim.co.za)

**Faerie Glen, Pretoria** 012 9914966; [faerieglen@learntoswim.co.za](mailto:faerieglen@learntoswim.co.za)

**Val de Vie, Paarl, CPT** 082 747 8277; [valdevie@learntoswim.co.za](mailto:valdevie@learntoswim.co.za)

#### Class Times & Days

**Babies/ LTS /Adults** Mondays – Fridays (all schools)  
08:30 – 17:30

**LTS** Saturday Classes  
08:00 – 13:00

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## Mission Statement

To be the best provider of swimming services by providing water awareness and water safety lessons in a clean, friendly and safe teaching environment with highly trained staff.

## Motto



Saving Children from Drowning one Lesson at a Time

## Evaluations & Certificates

To ensure that your child makes the best possible progress -

We present classes for **46 weeks** annually. We evaluate and reward each swimmer 3 x per year (April, August and December)

Each evaluation period consist out of 15 **active swimming weeks**. This excludes Public and other Holidays, so no lessons are lost!

## The School Year Planner

Please collect your copy at the front desk

## Membership Fees

Please enquire about the fees at the front desk

## Frequently asked Questions?

### How long will it take my child to learn to swim?

Every child is different and therefore it is impossible to give an exact answer to this question. However, practice and exposure are the keys to learning. Therefore, if you want your child to learn fast you need to take them to the pool regularly, this means two or more times per week. The earlier a child is exposed to swimming the faster they will become comfortable enough to learn effectively.

### Will my child stay with the same teacher indefinitely?

Our program focuses on the child and not the teacher. A swimmer is evaluated 3 x per year exactly for this reason. All our teachers are equally trained and qualified. We do however encourage teachers to teach according to their personalities as it is of great importance that each teacher keeps her individuality.



## Our Swimming Star™ Levels



### AGE

from 6 months to adult



### LEVELS

**8 levels** from tiny *Twinkle Stars* to competent *Swimming Stars*! Each level has **10 outcomes** and each swimmer is formally evaluated before receiving a certificate and moving on to the next level. Levels are indicated by **cap colour**



### APPROACH

Child centred approach in pace with the Level of Development



### OBJECTIVE

To teach breath control, floating, survival skills and propulsion that gradually develops into formal strokes over the various levels



## Frequently asked Questions ?

### What can I do to stop my baby / child from crying at the pool?

First try to determine what is upsetting the child. Are they hungry? Are they tired? Are they cold? Did they swallow some water? Once you know what the problem is then it is a lot easier to fix it. For instance you may simply need to feed them at a suitable time before they have their lesson or you may need to put a sun shirt on the baby/young swimmer to keep them warm. Another way to stop crying is through distraction. Toys are excellent stimulants and great distractions. Noise is also great for distraction e.g. tapping a cup on the side of the pool.

Finally if your baby/child cries, avoid taking them out of the water. Try to comfort the baby/child while still in the pool. If young swimmers are allowed to get out of the pool every time they cry, then they are going to associate being upset with getting out of the pool which will defeat the purpose of the lesson.