

Splash

Liz van Welie Swim School Newsletter

Special points of Interest:

- Swimming success for Mia Kelly
- Magnapool: how does it work?
- Liz's Corner
- Introducing everyone
- Why your baby should be in the water
- Feedback and comments

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Magnificent Mia!

Having a Dad who builds swimming pools you would expect that it is a license to swim like a fish!

Mia Kelly could not have been further from it. As with many young people, Mia was not happy in the water, certainly not submerging. Barely blowing bubbles in the water and parents desperate for progress, Mia arrived at Liz van Welie Swim School.

Something magical happened within Mia's first lesson. With Liz and Mia working together,



Mia Kelly: A new found love of water.

in one lesson Mia was submerging and retrieving objects from the bottom of the pool with confidence.

Quote from Mia:

"Mia would not go in the ocean past her knees if there were waves!" said Shane Kelly, Mia's father. "That affects the whole family when you're trying to enjoy an outing with water involved. With how Mia has progressed, this is just unbelievable!"

Water with a difference

The MagnaPool system naturally converts Magnesium minerals into Magnesium Hydroxide (also known as milk of magnesia), which is so gentle that many people apply it directly to the skin to heal problem skin conditions. In the MagnaPool system, this amazing magnesium compound acts as a natural coagulant and flocculent that filters out even the tiniest of organic impurities from our water. Without anything to feed on, bacteria simply prefer not to reside in our swimming pool.

MagnaPool's water science technology is providing children and people learning how to swim with natural mineral based water that is gentle on the eyes and therapeutic for the skin. This innovation in water science is providing swim schools with healthier water for people to swim and bathe in.

Liz's Corner

Another milestone has been reached in our business – with this being our first newsletter! Thank you so much for your response and joining the Liz van Welie Swim School. The initial nerves of 'wondering if anyone was going to come' have disappeared and turned into excitement as our programme grows. Thank you all for your positive and constructive feedback, please keep the feedback coming as the feedback is what helps us to grow and improve.



My favourite things over the past few weeks have been seeing the smiles on the children's faces as they achieve something they thought they never could achieve. Seeing children who initially came through the door clinging onto mum or dad, not wanting to get in the pool, who now run into the building proclaiming that swimming is their favourite thing to do! It is those successes that really make my job the best job in the world.

We are really keen to continue to grow our programme, especially the under 5's, so if you know of anyone who is looking for a swim school, then we would appreciate it if you could please let them know about us.

Remember to take your children to the pool to practise what they are learning!

Liz

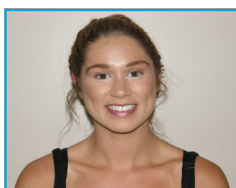
Meet our Team



Liz van Welie (Director) - Originally from Alexandra in Central Otago, Liz moved to Dunedin when she was 16 to pursue her swimming career under the famous "Mr. Laing" and the rest is history. A semi-finalist in 200M Fly at the Sydney 2000 Olympics, one of the only two to make it so far, Liz went onto claim silver in the 400IM at the Manchester Commonwealth Games in 2002.



Jenna Newell (Office Manager) - From sunny Opotiki in the Eastern Bay of Plenty, Jenna has recently graduated from The University of Waikato with a Bachelor of Communication Studies, majoring in Marketing and Public Relations. Her areas of interest include branding, advertising and social media. Jenna looks forward to helping grow the Liz Van Welie Swim School brand and overall business and seeing an increased amount of children in the Tauranga region learning to swim in the natural MagnaPool environment. Her interests outside of work include the beach, walking, socialising, food and fashion.



Mandi (Swim Instructor) - There is no guessing from the accent! From England, swimming is Mandi's passion and she has a love of teaching swimming which shows in the water. She has strong swimming knowledge from been a competitive swimmer and has five years swim teaching experience. Mandi is looking forward to helping children achieve their goals, be safe and comfortable in the water, improve their stroke and have fun in the water! Her interests include keeping fit, outdoor and team sports, learning to surf and socialising.

Get your baby off to a good start

A study conducted by Professor Liselott Diem from 1974 to 1976 at the German Sports College in Cologne, Germany, found that children who learned to swim at an early age demonstrated advanced development in:

- Motor skills
- Reaction time (reflexes)
- Power of concentration
- Intelligence
- Social behaviour
- Social interaction
- Self-confidence
- Independence
- Coping with new and unfamiliar situations

Overall, children were found to be more well-adjusted than their peers who had not participated in early swimming programs, and the increase in both self-esteem and independence due to baby swimming were cited as contributing factors.

The study also concluded that children who swam from an early age benefited from positive interaction and bonding with their parent.

For more information on our baby swimming classes contact us on 07 928 8822 or email us at: admin@lwswswimschool.co.nz



There are mental, physical, emotional, developmental and social benefits of baby swimming.

Rash shirts

Many of the swimmers that come into the pool are wearing rash shirts. It would be really appreciated if you could encourage your children not to wear rash shirts when in the water for their swimming lesson. A rash shirt can be an extra weight that the child has to pull through the water which makes it difficult when learning a

new skill. Our pool temperature constantly sits at around 33 degrees so is an ideal temperature for a half hour lesson. Unless there is a valid reason as to why your child has to wear a rash shirt, it would be appreciated if you can assist us by encouraging them to not wear it so that they can become better swimmers, faster.

Don't wait for
your ship to come
in - swim out to
it.

- Author
Unknown

Ocean Swim Series launches Ocean Kids

At last, a race for the kids. Kiwi kids love to spend the summer at the beach, so it is wonderful that now they too can participate in ocean swimming - one of New Zealand's fastest growing sports. The emphasis will be on fun, swim and water safety, and the opportunity to

learn new skills. All kids will receive coaching and training advice from a New Zealand swim team member, and members of Surf Life Saving NZ will support every race. To enter, all kids must be between 8-10 years of age as of the day of the event and/or be capable of swimming 200m

competently in a pool. Entry fee is \$20 per child.

When: 26th March 2011

Where: Main Beach, Mount Maunganui

For more information visit :
www.oceanswim.co.nz



Feedback/Comments

We encourage you to provide us with any feedback. Here is some of the feedback we have received during the first few weeks of the term!

"I was really impressed with the new pool set-up and water!!!"

"We're loving your swim school. Congrats on providing great lessons for the kids and they love coming to your classes."

"It's so encouraging for me to see how he just loves the classes. I'm sure other children feel the same."

"They really enjoyed their week of lessons and learnt heaps from you. We can see marked improvement in their skills already. Thanks for your input and your enthusiastic teaching!"

"I have found Liz to be very professional."

It's a good idea to begin at the bottom in everything except in learning to swim.

- Author Unknown



Reinforce well

I'm sure our mums and dads have noticed how many times we go over and over and over the same skill in swim lessons. And while this can be a little frustrating to watch, we teach this way for very good reason. Skills that are not well reinforced are more likely to

be lost than skills that have been very well reinforced. Reinforcing the fundamentals many times over is the most effective way we can give your child the grounding they need for all strokes and for your child to retain those skills for life.

Holiday Programme

Holiday intensive programmes are a great way to get your child to advance quickly! If you are interested in these for the April school holidays then please contact us.

Find us on **facebook**

Keep up to date with us on Facebook! Find us under Liz Van Welie Swim School
www.facebook.com/pages/Liz-van-Welie-Swim-School/154477534598478

Remember to wear a cap!

Here's a fun rhyme to remember:



Big or little, boy or girl

Hair that's straight or has a curl

Bring your cap when you come in

Just like a champ it helps you swim!

Liz Van Welie Swim School swimming caps coming soon!

