

# Splash

Liz van Welie Swim School Newsletter

## Special points of interest:

- Swimmer of the Month
- What do our levels mean?
- Term 1 Survey results
- Swim caps and goggles
- Breakfast Club?

Win free  
Term 3  
lessons!

Check out our  
competition  
on Page 2 of  
this issue!

## Swimmer of the Month

We are excited to announce our very first Swimmer of the Month – Jack Dams! Six year old Jack attends lessons on a Tuesday afternoon and is in his second term of swimming lessons with Liz van Welie Swim School. He gives 100% effort during his swimming lessons, trying really hard at all of the tasks he is given by his teacher, Mandi. This term Jack is doing really well with his freestyle breathing and backstroke and breaststroke legs.

“Jack is a joy to teach. He is well-behaved, always listening to what I say and willing to give everything a go,” says Mandi, “he takes on board all of my comments and I’m really proud of his achievements over the last two terms.” Jack will receive his prize pack this week at his swimming lesson.



**Our first swimmer of the month — Jack Dams. Well done Jack! Your hard work has paid off!**

Keep working hard everyone as your swim teachers will be on the lookout during lessons for the next Swimmer of the Month! We will announce the June winner in our next newsletter.



**Sonja is looking forward to making swimming lessons fun and enjoyable.**

## Introducing our new team member

We are pleased to welcome our new swim teacher, Sonja Peers, to Liz van Welie Swim School. From Rotorua, Sonja moved to Tauranga in February this year to study a Legal Executive Diploma at Bay of Plenty Polytechnic. She holds an Asta Swim Teacher qualification and worked as a swim teacher at Rotorua Aquatic Centre for two years.

Sonja is looking forward to making lessons fun and enjoyable while teaching children to the best of her ability. Her interests outside of work include spending time with family, nature walks and music.

## Liz's Corner

It is great to be under way for Term 2 after the initial crazy start of Term 1 and the starting of a new business. I have to say that I am loving every bit of running the business, especially the teaching. I would like to welcome Sonja as a new member of our staff this term. Sonja runs classes on a Monday, Tuesday and Saturday. It is great to have her experience in our swim school.

Unfortunately I am going to be away for the next 4 weeks this term. My husband and I are taking his parents travelling to the UK and Europe in the hope to give them the confidence to retire off the dairy farm they have been running their whole married life, so that they can experience further travel and enjoy life after working so hard for many years. You will be left in the very capable hands of Graham Price who will be keeping an eye on the function of the business. Jane Ford, a summer swim school owner will be doing all of my after school and Saturday classes and Mandi will be taking all of my baby/pre-school classes during the week. In addition to that Jenna will continue to run the office as efficiently as she always does, and Mandi and Sonja will continue to run their normal classes.

Congratulations to Jack Dams for being our first swimmer of the month!  
I hope you enjoyed reading about his achievements.

*Liz*

## What do our class levels mean?

Your child has been put into a group classed on what they achieved in the assessment at the beginning of the term. Children are also assessed at the end of the term to evaluate whether they need to move up a level or stay in the same level for the coming term. Below are the guidelines that we follow to ensure your child is in the appropriate group for the most efficient learning.

Please note this table only encompasses the basics of swimming. Your child will learn other skills and drills within the lesson such as dolphin body action (wiggle worm), diving, tumble turns and streamlining under the water.

## BE IN TO WIN!

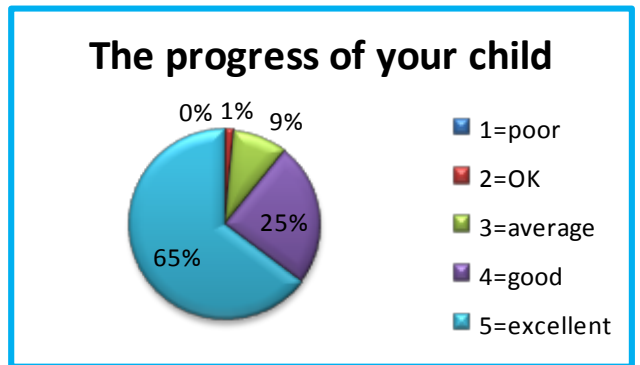
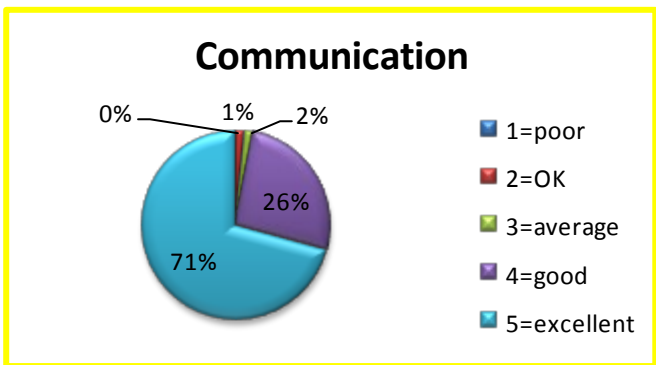
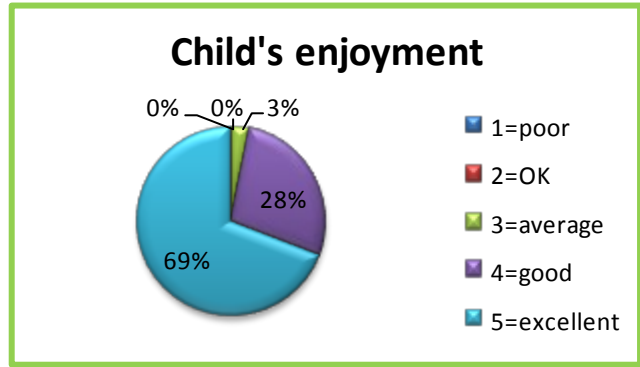
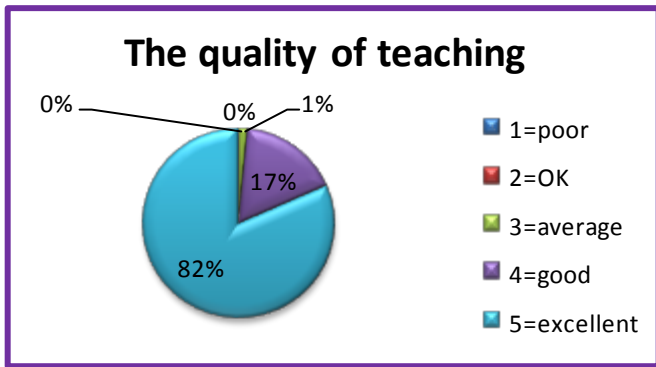
We have names for our baby, toddler and preschool classes: Snugglers, Wigglers, Scampers, Scooters, Boppers and Skeddadlers. We now need names for the levels of our school aged classes listed below. There are five groups (1's, 2's, 3s, 4's and 5s). If you come up with the winning name you will win your Term 3 fees for one child free! We are looking for original ideas that fit in with our baby/preschool names. To enter email or hand in your ideas to Jenna at the office.

Level	Achievements	
Early 1	Enter the pool without any assistance	Blow bubbles
1 only	Submerge Pick up objects	float on front with assistance float on back with assistance
Late 1	Float on front and regain feet (unassisted) Float on back and regain feet (unassisted)	Streamline glide on front with (early stages) Streamline glide on back (early stages)
Early 2	Streamline glide on front with effective kick	Freestyle arm action (early stages) Streamline glide on back with effective kick
2 only	Effective freestyle arm action Backstroke arm action (early stages)	Rolling front to back Sculling actions introduced
Late 2	Effective backstroke technique	Sculling actions effective
Early 3	Freestyle breathing (early stages)	
3 only	Effective freestyle breathing action	Breaststroke legs introduced
Late 3	Effective breaststroke legs	Breaststroke arms introduced
Early 4	Effective breaststroke arm action	Breaststroke timing with breathing introduced
4 only	Stroke refinement Introduction to butterfly	Introduction to swimming skills such as tumble turns and break outs.
5's	Good overall just need refinements	

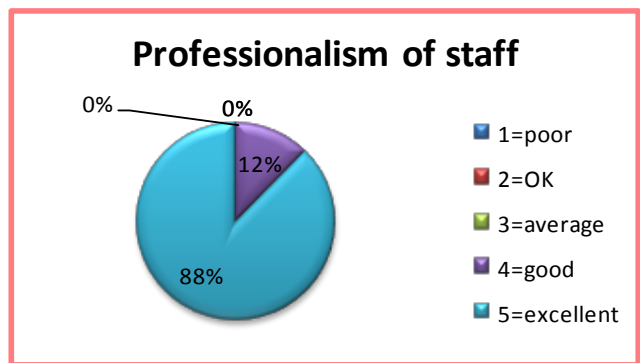
# Term 1 Survey Results

Thank you to those who completed our Term 1 Evaluation Survey. The feedback we received from this survey has been very reassuring that we are on track in achieving our goal of being the leading learn to swim school in Tauranga. We are very proud of our staff and their contribution to our new business. Work on building our new website will begin over the coming weeks which promises to have plenty of information about learn to swim at Liz van Welie Swim School.

## Q4. Please rate the following on your own experiences with Liz van Welie Swim School



We were given a lot of great suggestions from the survey. Although we can't respond to every suggestion, over this term we will be working to implement a number of them. Many respondents suggested a tea/coffee machine and we are currently looking into options for this. A few suggestions have already implemented. We have purchased hairdryers for swimmers to use when they get out of the pool, made snacks available to purchase from the office, and taken down the sign that was blocking the view of the pool closest to the exit. Tots to Teens magazine is now available for parents to read while at the swim school or to take home. We appreciate your feedback and encourage you to keep providing us with suggestions.



**Success breeds success: Praising your child's efforts will help build self-confidence and the will to learn.**





The new heating system has arrived so you will notice the constant warm temperature! Also, LVWSS swim caps are available at the office for \$8.00. It's great to see so many kids already wearing them!

## Swim caps and goggles

Many parents have enquired as to whether their child is required to wear a swim cap and goggles during swimming lessons at our school. Wearing a swim cap is preferred as it is not only hygienic but also stops water running into your child's eyes and mouth when their face is lifted out of the water. This simple step makes concentrating easier which in turn helps your child's progress. 80% of body heat is lost through the head. Wearing a cap therefore reduces heat loss and keeps your child warmer. Swim caps also help maintain water quality. Goggles are good fun and necessary once children start to swim laps. In the early stages children should learn without goggles, just so they don't panic when water gets in their eyes. Both goggles and swim caps are available for purchase at the office.



## Winter colds and flu

Cold and flu are viruses that can be picked up anywhere - they are not caused by swimming. If your child is running a temperature it is best to give them the opportunity to recover. As a general rule if children are not well enough for school then they probably aren't well enough for swimming. If a make-up lesson is needed we do our best to fit this in if there is room in other classes of the same level.

## Liz van Welie Swim School Breakfast Club?



We are aware that a large number of our swimmers struggle to get to after school swimming lessons due to other extra curricular activities. We are considering running swimming lessons before school at 7.30am and 8am for school aged children. Swimming is a great way to start the day - physical activity increases a child's concentration and energises them for the day ahead. If you struggle to get your child to eat breakfast it's a great way to make them hungry so they will want to refuel after their swimming lesson. To make it easy for you we would sell small boxes of cereal and provide free milk for your children to refuel before school. If you are interested in this for the coming terms please let us know and we will implement this idea dependent on interest from our members. To register your interest you can email us at [admin@lvwsswimschool.co.nz](mailto:admin@lvwsswimschool.co.nz) or call in at the office.

## Queen's Birthday Holiday information

Monday the 6<sup>th</sup> of June is Queen's Birthday holiday and therefore there will be no lessons. The make-up lesson for all students who have a Monday lesson will take place on **Monday the 18<sup>th</sup> of July** in the first week of the school holidays. If you know you can't make this then please let Jenna know and we will arrange a make-up lesson for you during the term.



Like us on



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