

# SPLASH

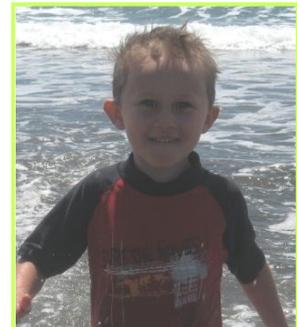
LIZ VAN WELIE SWIM SCHOOL NEWSLETTER

## Swimmer of the Month

**FEBRUARY:** Hannah Gourlay is our February swimmer of the month. When Hannah first started with us two years ago she wasn't confident putting her head under the water. After two terms with her mum in the pool she finally gained the confidence to submerge under the water. Since then Hannah has not looked back! She is now progressing really well, doing beautiful one arm backstroke by her self and big freestyle arms. Amber finds Hannah a pleasure to teach - she is really enthusiastic and always come to her lesson with a big smile on her face!



**MARCH:** Our March swimmer of the month is Joshua Williams. Joshua is an awesome swimmer who loves the water and has lots of potential as a swimmer. He has a good attitude in the pool and gets along well with the other kids in his class. Joshua has fun and listens well to his teacher. He has progressed quickly and is currently learning freestyle breathing. Steph enjoys Joshua in her class on Saturday and says 'He is a pleasure to teach'.



## Jenna's new adventure



Sadly our blonde haired smiley face girl who knows the name of almost every child that walks through our door is leaving us to cross the ditch. Jenna has been with us since the first term we opened and she has done a fabulous job. From being a shy girl who didn't have a lot to do with kids, and who didn't know how to swim to now being a bright eyed girl who just thinks kids are "so cute" and a very competent swimmer. Jenna knows some parts of the business as well as Greg and I so she will be sadly missed. She has taken on many roles since being with us from Office Manager, chief supervisor of Fletcher, baby sitter to siblings of kids swimming in the pool, toilet cleaner and most of all a friend to staff and customers alike. Jenna's last day with us is Thursday the 30<sup>th</sup> of May and we hope you will all join us in wishing her well for her ventures.

## Liz's Corner

We have just completed our holiday programme and it has been a huge success. We have had a large number of comments from parents of swimmers involved that they are impressed with the progress that their child has made. Whether you use the holiday programme to reinforce skills that are learnt throughout the term, or to work on skills that the child hasn't quite mastered yet – the week long course is a great way to kick start your child's learning so keep it in mind for the next holidays.



Coming into term 2 you will see some new faces on our teaching staff – they have been doing a large amount of shadowing at the end of Term 1 as well as further training in the school holidays and are all very excited about teaching your children this term. Please ensure you read their profiles in the newsletter. Mikael is on maternity leave now and will 'pop' sometime in the coming weeks. Mikael has been an absolute gem in the pool and I am sure you will join me in wishing her well with baby number three. Mikael is keen to come back on pool deck in the future and continue working for us – we are looking forward to that. Teegan has moved on from teaching our school aged children as she pursues her teaching career. She will be on placement in the coming terms so was unable to make it in time to teach after school. Teegan has been a real solid for us at the swim school and will also be missed. We wish her well with her teaching career. Lastly Alice our Sunday teacher has also moved on to full time work in hotel administration. Alice did a great job on Sunday's and she really enjoyed the teaching. She was always very impressed by how advanced the children were.

We had a lot of swimmers progress onto squad after Term 1 which has been really exciting for me. I have been really impressed with the talent that has come through our swim school in the past two years. The difference that I have noticed in these swimmers is their constant awareness of what they are doing in the water so that they can improve. Our style of teaching encourages this type of learning by constantly questioning the swimmers to improve their awareness of the skills learnt.

*Liz*

## Develop your child's life skills

We recently had a comment from a parent in our swim school who is also a primary school teacher regarding the capability of children undressing and dressing themselves after swimming. She has noticed that there are a large number of school aged children that still need assistance to do this (some don't even know how to take off their sweatshirt by themselves) and it makes it hard for the child at school swimming as they need so much support for this basic life skill. She has suggested that parents encourage their children to practice getting dressed by themselves at home as well as other environments, such as at their swimming lesson, so that the child can become more independent at school.



**Liz van Welie  
Swim School  
swim bags!  
Collect your free  
swim bag from  
the office (one  
per child)**



**Congratulations to Charlotte Quilty and Malachi Stirling who have won their Term 2 lessons free!**

## Swim caps

**Long hair** is a hygiene risk. Girls with long hair need to wear a cap – it is a hygiene risk to all users of the pool. Hair is getting trapped in the filter lines and then the long hair collects contaminants in the water. This has a direct impact on our goal to provide you all with the highest quality water. Caps are only \$10 at reception.

**SWIM CAPS ARE COMPULSORY FOR CHILDREN WITH LONG HAIR SWIMMING WITHOUT A PARENT IN THE POOL AS OF MONDAY 6th OF MAY.**

Children without a parent in the pool are also encouraged to wear caps to get comfortable wearing one.

## Welcome to the team..

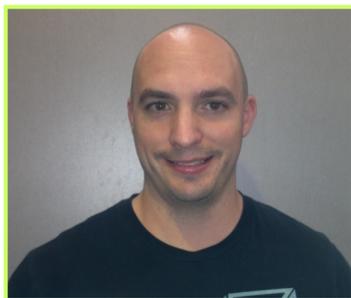
### Cloe Leigh (Swim Instructor)



Cloe grew up in Auckland, moving to Tauranga 10 years ago to marry her husband Alan. She is now mum to two primary school aged children. Cloe is a qualified nanny and has previously worked for Porse in this role.

While working here Cloe would like to help children learning to swim feel empowered to succeed and feel confident in the water while having fun in an environment that's safe for their learning. In her spare time she enjoys running, going to the gym, reading, boogie boarding, playing the guitar and spending time with her family.

### Dale Megson (Swim Instructor)



Dale is a qualified Primary PE teacher who grew up in Adelaide, Australia before spending nine years teaching disadvantaged teenagers in London, U.K. and travelling throughout Europe. He has recently moved to Tauranga with his New Zealand born wife and baby daughter.

Dale enjoys playing and watching all different types of sport. He looking forward to helping children to be confident in and around water and learn an essential life skill while also expanding his sporting knowledge and using his PE teaching experience to teach swimming. Outside of work Dale enjoys spending time with family, going to the beach and travelling.

### Rachael Pratt (Swim Instructor)



Rachael was born in Scotland but moved to New Zealand when she was a child, growing up in Hamilton. She gained a Bachelor of Arts majoring in Drama through The University of Waikato and is also a trained Padi Dive Master. As a busy mum to three young boys, in recent years Rachael has been actively involved in Playcentre's and learnt a lot about child behaviour and development.

While working at Liz van Welie Swim School Rachael's goal is to foster a love of the water and swimming in others and help children to learn life saving skills. family, going to the beach and travelling.

## Winter health



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. There are lots of ways to keep your child healthy over winter. The magnesium in our water is the catalyst for Vitamin C being activated in your system – give your child plenty of Vitamin C and then come swimming. Keep your child warm after swimming lessons, bring a beanie for them to put on their head, grab a hair dryer from the office to dry your child's hair and ensure your child is wearing shoes when they leave the building.

## Give your kids the fuel they need!

When children eat healthy food they find it much easier to learn, which can help them do better at school, sport and other activities. Make sure your kids eat a variety of fruit and vegetables every day. Canned or frozen are just as good as fresh and can be cheaper.



School-aged children need at least three servings of vegetables and two servings of fruit a day. Help them establish healthy habits that can last a lifetime:

- Offer raw vegetables, such as carrot sticks, for kids to snack on while dinner is being cooked.
- Let kids serve their own vegetables at the table and make sure they see you eating yours! Try to serve up a mixture of colours to help make them look appealing.

## Feedback

“You do such great work with the kids, your attention to every detail with the strokes the children learn. We have recommended your swim school to a number of friends. Max said to me he has a goal to one day swim in the Olympics; a dream like this could only come about from the positive experience and professionalism he has clearly enjoyed from your swim school.”

“It has been amazing to be part of your swim school programme, you have exceeded our expectations in every aspect of what you do! My daughter absolutely loves Sundays as she gets to go swimming with Daddy and then tells everyone about it for days! :-)”

I appreciate that staff are always very friendly and accommodating. I think this is a very well-run business and you treat your clients very well. This is something that is all too rare these days!!”

## Car stickers

**Congratulations to the Still family who won our car sticker competition and therefore a term of lessons free! It's great to see so many stickers on cars as we drive around Tauranga. We will continue to spot cars with stickers on them so keep sticking! Stickers are available from the office.**



**Please ensure children on their own in the pool aren't wearing rash shirts or baggy shorts as they hinder your child from getting the most out of their lesson.**