



# Shelly Swimming School

Where we teach your children one of the most important skills they can have  
-the ability to swim-

Shelly Swimming School, Wharoonga would like to welcome all of the new and returning families.

We take pride in having the privilege to teach your children how to swim.

Our swimming program is designed to cater for children with no swimming experience all the way up to those who are competitive level swimmers. We make it our mission to ensure your child is able to learn to swim efficiently and comfortably in a warm and friendly environment.

Additionally, we aim to educate your children with information and skills to help them be safer in and around water.

Shelly Swimming has some BIG changes happening over the Christmas break and into 2015. You will be able to read all about them in this newsletter.

## Dates to remember

**Week 9-  
1<sup>st</sup>- 7<sup>th</sup>  
December** Assessment week:  
Children will be assessed to determine if they will progress to the next level

**Week 10-  
8<sup>th</sup>-14<sup>th</sup>  
December** Re- Enrolment for same day, same time.  
Bookings open for school holiday program

**Week 11-  
15<sup>th</sup>- 21<sup>st</sup>  
December** FINAL Re- Enrolments- Confirmation message must be sent to Shelly to confirm spots

**Christmas and New Year Break**

**Week 1-  
Wednesday  
28<sup>th</sup> January** Term 1, 2015 STARTS

## JANUARY - SCHOOL HOLIDAY PROGRAM- North Parramatta

Holiday lessons are a great opportunity for your children to boost their swimming confidence and provide a healthy structured activity for them during the school holidays.

We offer a program that caters for all abilities of swimmers suited for preschool and school age children.

The 2015 School Holiday Program runs each weekday for a one-hour lesson starting from 9am. The cost is **\$27.00** per lesson.

Booking can be made from the 1<sup>st</sup> December 2015. **Payment must be made when booking.** Please call our office Staff at North Parramatta for more information- 9890 5699. This program is currently only available at our North Parramatta School. We are also looking at holding lessons at Wahroonga. If you are interested in lessons at Wahroonga during these times please inform Shelly before re-enrollment week.

**Week 1 - Monday 5<sup>th</sup> to Friday 9<sup>th</sup> January**

**Week 2- Monday 11<sup>th</sup> to Friday 16<sup>th</sup> January**

**Week 3 -Monday 19<sup>th</sup> to Friday 23<sup>rd</sup> January**

Our school holiday program is a great way to get ready for upcoming school swim carnivals. An intensive Squad Program will be offered on selected days. Contact Shelly directly for bookings.

## Term 1- Lesson Cost

Our lessons are charged by the school term. Due to public holidays Term 1 is a 9 or 10-week term, this is dependent on your lesson day.

In order to confirm your spot, an SMS must be sent to Shelly.

Classes are either 1, 1.5 or 2 hours, depending on which day you swim and will be \$28, \$40 or \$45, respectively per class per, student.

	Mon- Tues	Wed	Thurs- Fri	Sat	Sun
1 hour				\$252.00	\$252.00
1.5 hour		\$400.00			
2 hour					\$405.00

All payments are to be made directly to Shelly.

## Supervision at the pool

All students must have a parent or guardian (18yrs+) present for the duration of their lesson. Please do not drop off and pick up children in the car park. Students must not enter the pool until instructed to by the teacher and must exit the pool once their lesson is over. Students who wish to use the pool after ALL lessons have been finished, MUST have adult supervision. Teachers are not responsible for students outside their lesson times. These students must leave to when instructed to by the office staff.

## NEW Office Program- North Parramatta

During Term's 3 and 4 Shelly Swimming has been using a new computer program in the office. This program will allow the staff to Email and SMS customer's reminders, invoices and receipts, as well as confirmation SMS's and email reminders about booked make up lessons. This program also has a waitlist feature so students can be added to find a more suitable day and/or time for their class.

Our new website will be up and running in 2015, through the website families will be able to access a customer portal. Parents will be able to use the email they have provided to the school to register and use this portal. Through this portal parents will be able to check fee's owed, as well as organise any make up lesson. You can read more about this in our "What new in 2015" section of this newsletter.

We are also looking at using this system at Wahroonga. Once this is available we will notify all families.

## Term 4- Safety Week

On Week 9 - Monday 1st until Sunday 7<sup>th</sup> December, all swimming lessons will be dedicated to our Swim Safety Program. Swim and Survive is a National Swimming and Water Safety initiative that seeks to increase swimming and water safety skills of Australian children in order to prevent drowning and increase participation in safe aquatic activity.

## New Staff

We would like to acknowledge the newest additions to the Shelly Swimming Team: Our new trainee Lana Rudd has been working hard training to be a swimming teacher. We know that she will be a great asset and wish her all the best for the rest of her training.

Shelly swimming is always looking to train new staff members if you are looking at becoming a swimming teacher please speak to our staff in the office at North Parramatta.

## Notice to parents

Please refrain from speaking with instructors while they are teaching as this limits the valuable time they have to teach their students. If you have any concerns please speak to office staff.

## The 10 commandments for swimmers parents.

1. Thou shalt not impose your ambitions on thy child.  
Remember that swimming is your child's activity.
2. Thou shalt be supportive no matter what.
3. Thou shalt not coach thy child.
4. Thou shalt only have positive things to say at a swimming meet.
5. Thou shalt acknowledge thy child's fears.
6. Thou shalt not criticize the officials.
7. Honor thy child's coach.
8. Thou shalt be loyal and supportive of thy team.
9. Thy child shall have goals besides winning.
10. Thou shalt not expect thy child to become an Olympian.

## School Carnivals Reminders

With school carnivals coming up, students should remember the following:

- Check that you have your swimmers, cap, goggles and towel. If you wear your costumes to school in the morning, make sure your underwear are in your bag.
- Always Slip, Slop, Slap and wear a hat and shirt during the day, if at an outdoor pool.
- Keep hydrated, take plenty of water with you and avoid soft drink, juice and dairy products during the day.
- Make sure you have a healthy meal the night before and eat healthy foods while at your carnival.
- If possible, do a warm up at the beginning of the day and cool down after all your races.
- Make sure all clothing is labelled.

If your child receives any ribbons or awards for their swimming, please send us a photo, with name, school, age and place. Photos can be sent to [support@shellyswimming.com](mailto:support@shellyswimming.com) or handed into the school office.

### What new at Shelly Swimming School in 2015!

Shelly Swimming School have been working hard this term getting ready to make some major changes coming into 2015.

Our class level names will be changing to **New Aquatic Animal Names**. This is to make our levels more family friendly. Due to this change we have been busy creating new brochures and certificates for all levels. All student will be assessed at the end of Term 4 to determine which of our levels they will be in. Most of the classes will move straight across to the equivalent new name but some students may need to change.

All students will be presented with a new certificate early next year to show their new class animal, as well as the skill they need to achieve to move on to the next level. All new animal levels can be seen on the next page.

As some parents may have seen some of our staff have been by the pool taking photos of some of our students swimming. These photos will be added on to the new website and our Facebook page after parental approval has been received. If you do not want your child/ren photos to be posted on our website/ Facebook or are unsure if you ticked the box on our terms and conditions please see our office staff.

Our new website will have a link to our Customer Portal, Parents will receive instructions on how to register for this closer to Term 1. We would really like families to be able to take full advantage for this feature. Through the Customer portal parents will be able to organise Make-up lesson from home and also check any fee's that are owed.

Our SMS service will commence in Term 1, messages will be able to be sent to families regarding reminders about make-up lessons booked. Please confirm your email and mobile contact details with our office staff if you have not yet done so. Our families at North Parramatta will be trialing these systems first and then they will be available to our families at Wahroonga.

Please remember that you are able to leave messages at the North Parramatta office. Just call 9890 5699 and let them know that you are from Wahroonga.

### New Website.

Shelly Swimming School now has a website. You can access it at:

[www.shellyswimming.com](http://www.shellyswimming.com)

On our new website you can find any new updates or announcements, information about our classes, testimonials, and different ways to contact us.

### Facebook

Shelly Swimming School is now on Facebook. Please like our page to stay up to date with everything that is happening in the school. Here we will post any changes, updates, photos and congratulations to any swimming carnival winners.

### Make-Up Lessons

Please remember that to qualify for make-up classes **reasonable notice** must be given to the office staff. That is before 9am for morning lessons and before 12pm that day for afternoon classes. Make-up bookings are subject to availability and are not guaranteed.

**ONLY TWO (2) make-up lessons are allowed per class per term and they CANNOT be carried over to the next term and there is NO refund for classes not attended.**

**Once make up lessons have been booked it cannot be cancelled or changed.**

# Our NEW Levels

## Guppies

•Guppies is a parent – child based program where through song and movement children under the age of two learn their elementary survival and swimming skills.



## Tadpoles

•Tadpole's is the very first step for children to swim unassisted by their parents. They require full back and arm floaties and are taught to kick, float and paddle as well as basic breathing techniques



## Turtles

•Our turtles are all about safety. Our main aim is to ensure students can swim doggy paddle for 30 m's independently, unaided by a floatation device as well as float on their backs whilst fully clothed and not wearing goggles.



## Froglets

•Froglets are all students who require a bubble back float to swim. Back float assistance can range from 1-4 layers. The main focus for froglets is Doggy Paddle, foundation kicking and introductory breathing As students progress less floatation support will be needed.



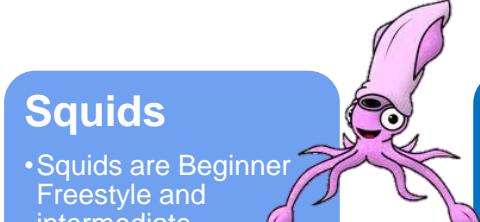
## Jellyfish

•Jellyfish are beginner Backstroke swimmers who require assistance with mastering the skills of arm & leg coordination and basic diving.



## Squids

•Squids are Beginner Freestyle and intermediate Backstroke swimmers who require some assistance in correcting their technique whilst learning one sided breathing.



## Swordfish

•Swordfish refine their Freestyle and Backstroke skills, with a focus on bilateral breathing and an introduction into Breaststroke kicking.



## Shark

•Sharks are Competitive level swimmers, who are able to do Advanced Freestyle, Backstroke, Breaststroke and Butterfly. In this level a key focus on racing skills.



## Dolphin

•Dolphins are advanced Freestyle and Backstroke swimmers and Intermediate Breaststroke swimmers. Development of Butterfly technique is a key component of this level.



## Seals

•Seals are confident swimmers who are able to do Freestyle, Backstroke, beginner to intermediate Breaststroke and introductory Butterfly skills