

RLNSW SwimVAC

What to expect on your first lesson?

We recognise that your child's first swimming lesson can be a time of trepidation or apprehension. There is any number of reasons for this: such as being unfamiliar with the venue and the teacher, where things are, how lessons will commence or conclude. In addition, anxiety may be heightened if you have not participated in swimming lessons before or do not often participate in swimming or aquatic play. Rest assured this anxiety is normal and we would like to provide you with some information that will help both you and your child enjoy the first step in their discovery of swimming and water safety.

Getting ready:

Preparation will help make your child's first lesson a positive experience. In the days before lessons begin, help your child learn to enjoy the water and encourage them to feel comfortable in the shower or bath. Once classes start, make the most of it by arriving on time, being prepared and ensuring your child is ready to participate at the start of each lesson.

It is beneficial if you get your child used to their swim gear in the days leading up to their first lesson.

Wearing a swimming cap and goggles can take a little getting used to, allow your child to wear them in the bath or shower; this can help your child get excited about their upcoming swimming lesson.

Arriving at the pool:

Arrive early and stress less, there is nothing worse than the feeling of knowing you're running late for something. Try to arrive at the pool about 10 – 15 minutes before the lesson.

Getting changed:

Proceed to the change rooms, whilst there, please take your child to the toilet and avoid interruption during the class time or any accidents. Once your child is ready for the lesson we ask that you wait near your swimming teacher for lesson change over.

When lessons commence:

Please have your child's swimming cap and goggles ready. Putting caps and goggles on, takes up valuable lesson time.

Please ensure your child remains with you until the teacher is ready to commence your class, while we know that children are exuberant and often very excited about getting to their swimming lessons, we ask that they stay within arms' reach whilst moving around the facility and that you do not allow them to run during your visit.

The swimming teacher's duty of care begins when your child is placed in their lesson and ceases at the end of their lesson. Parents must accompany children to and from their lesson; Once they are in the care of the teacher it is required you stay on site and close by in case staff need to contact you for any reason.

Swimming outside of the designated lesson time may incur a cost depending on the facility of choice. Please see pool management for more information.

During your lesson:

Your swimming teacher will use a variety of techniques to teach your child. Typically, a teacher will explain an activity, demonstrate that activity then have the children attempt the activity before they provide necessary feedback and hands on corrections.

Progression and assessments:

If you have any questions regarding your child's progress, please speak to your teacher at an opportune time. Usually, this is towards the end of the lesson before the next class commences. If you feel you need more information relating to the class, please use the Swim and Survive contact details.

All SwimVAC students will be assessed at the end of their 5 or 10 day program and will receive a certificate with their assessment details. Assessed skills are based on the development milestones in the National Swimming and Water Safety Framework.

When your lesson concludes:

Children must be collected on time to ensure the efficient operation of all other swimming classes. Teachers are to keep to the schedule and the only way that can occur is if children enter and exit the water on time.

Remember to talk to your child about the positives of their swimming lesson, how much fun they had and what their favourite activity was. Positive discussions after lessons can make upcoming lessons less daunting if they are anxious or scared about being in the water or with a new class.