

6 April 2011



QPS Pool

Alpine Aqualand

WHS Pool

Millers Flat

Roxburgh

Cromwell Swim Centre

Millbrook

Ranfully



Kia Ora. I'm Kautiki - the swimming Tiki!
Tiki are unique to Aotearoa/NZ, they originate from the sacred, protective waters (wai matua) of the mother. Kautiki - the swimming Tiki - is the taonga of the Sealord Swim For Life initiative and is a visual reminder of how precious our tamariki are and the importance of swimming as a survival skill. Learn to Swim. Learn to Survive. Swim For Life. Kautiki! Kauora!

Water Safety Week

This week our focus is on water safety. Living in an environment which is edged with lakes, rivers, streams, ponds and creeks everywhere it is vital that our children understand how to be safe in on and near the water.

Our programme this week is aiming at introducing survival skills for our youngest swimmers, including wearing life jackets in the water, swimming without goggles and thinking about "what else can help me to float". Older swimmers are being challenged to consider how to swim to survive. This does not mean that we have to have fantastic technique and we can mix it up to include front swimming and back kicking to reach our goal. But we still have to consider what happens if we swim with our heads up out of the water. Is it easier? Perhaps it is harder? What difference does wearing clothing in the water make to our ability to swim?

We believe Water Safety NZ are providing a fantastic resource in the Swim for Life Passports and all our current swimmers are now on the Swim for Life database, which enables statistics to be collected about their ability to swim & survive. This national data is being used to lobby Government to recognize the importance of providing greater funding for our children to learn to swim, funding which includes transport to a suitable pool as well as professional instruction. You can read more about the Sealord Swim for Life initiative at www.swimforlife.org.nz

Your swimmer will receive a passport this week, with a unique ID and record of what they have already achieved. Please keep this passport in a safe place and bring it back to each subsequent Water Safety Week so we can update it for you. All achievements will be updated on the WSNZ database too.

We are passing out a colouring picture to all our swimmers this week too, with a water safety message for around the home. Sadly there have been too many drowning events in the media this year, most of which happened outside in the lakes, rivers, fiords which adorn our beautiful country. However, there are always the quiet accidents at home which often do not make the news and are mostly avoidable if adequate adult supervision is maintained. All colouring pictures which are returned to us next week will go in the draw to win a swim package.

Thank you very much to QPS for allowing us to use their life jackets for our water safety education programme.

Fitting Life Jackets Correctly

It has been great to see personal life jackets coming in with swimmers this week. This provides us and families a great opportunity to check the size of life jackets.

I have been the recipient of very well meaning friends and family passing on life jackets which their children had grown out of, only to find that often my children were not quite big enough for their 'new' life jacket. This poses a serious problem for safety as the child can still drown in a poorly fitted life jacket. Once the swimmer is in the water with a life jacket fitted it quickly becomes very apparent when the life jacket is too big as the child's face disappears behind the front of the life jacket as it pushes up in the water. Conversely, life jackets which are too small will not adequately support the child in the water.

As it is not always practical to jump into the water to test the fit of a life jacket, here are a couple of tips to help:

Try it on for Size

Check the label for your size or weight. The manufacturer's label will show whether it is an adult or child life jacket (an adult life jacket will not work for a child). Be sure to choose the PFD that reflects your size and weight.

Make Sure the Life Jacket is Properly Fastened

Once you choose your life jacket and try it on, make sure it is fastened properly. Some children's life jackets have straps that go underneath the person for added stability. Tighten all straps firmly; they should not be loose.

Test the Life Jacket

Hold your arms straight up over your head and gently pull up on the tops of the arm openings. You can do this for a friend or child, and have someone do it for you. If the jacket rides up over your face or chin, it is too large. Try the next smaller size. Next, try sitting down with the life jacket on. Again, if it rides up, it is too large. This is particularly important to note when choosing a child's life jacket. If it is too large, the child could completely slip out of the life jacket.

The bottom line is the life jacket should be the right size for your weight and fit snugly but not too tight.

Infant and toddler life jacket.



Padding supports and protects head.



EASTER HOLIDAY SWIMMING

Our holiday programmes are almost full. If you are wanting to get your swimmer(s) in for some concentrated instruction please email me urgently.

A Gentle reminder that fees of \$50/swimmer are now due, payable to our ASB a/c 12-3405-0006666-00 or cash may be passed to Jane in a named envelope.





TERM 2 Registrations Continue to Fill

Term 2 begins on 8th May and ends on 17th July.

I have rolled over the bookings from Term 1 Sunday classes to Term 2, and we have spaces for extra swimmers. If you have been swimming on Sunday's and prefer a new time next term, please let me know. Times will be approximately the same unless swimmers have progressed to the next level. Please email me if you do not wish your swimmer(s) to swim on Sunday's in Term 2 so I am able to fill your swimmers space.

Swimmers who are currently enrolled mid week at QPS or WHS will need to re-register to continue swimming on Sunday's at Aqualand in Term 2. Please just reply to this email, indicating any preferences for times, and I will slip your swimmer(s) into our existing schedule. We have early morning classes and later in the day classes for those wanting to fit swimming around other activities.

Fees for Term 2 are \$11.50 per lesson, a total of \$126 per swimmer. We still offer 10% discounts to families registering 3 or more swimmers, and \$20 WakaSwim cash to all families referring new friends to our lessons. Please also be aware that we are unable to include pool admission in our fees. This must be paid separately to reception at the pool. We recommend a 10 swim pass for \$22.50 as the most cost effective option. Parents swimming with infants in the lessons are not required to pay admission for the lessons, but if you do swim after the lesson please be fair and pay your admission.

Payment for Term 2 is due before Thurs 21st April, and may be made directly to Jane (all cash in a named envelope please) or direct payments to our ASB account 12-3405-0006666-00.

Hospital Debate

There is a public meeting tonight at the Impact Church at 7.30pm.
The SDHB meeting is tomorrow (Thur) at 10.30am, Copthorne Hotel

The WHTrust sent a letter to the councilors on 1st April 2011. If you would like to read it, go to

<http://www.wakatipuswimschool.co.nz/NewsPDF/WHT%20letter.pdf>

QMC have stated their position in a newsletter. If you would like to read it, go to http://www.wakatipuswimschool.co.nz/NewsPDF/QMC_letter.pdf.

CONTACT US

Jane Hughes, Director

027 4511161 (mobile) 03 4511161 (home)

jane@wakatipuswimschool.co.nz

www.wakatipuswimschool.co.nz

29 Douglas St, Frankton, Qtn

You are receiving this email by your consent. To unsubscribe from this mailing list send an email to unsubscribe@wakatipuswimschool.co.nz with UNSUBSCRIBE in the subject.