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News In Brief

Joy of Music
Term 4 and Holiday swimming in October
Water Safety Week next week

WakaSwim News

QPS Pool WHS Pool Alpine Aqualand Millbrook
Roxburgh Ranfurly Cromwell Millers Flat Alexandra

The Joy of Music

Last week I had the pleasure of running a workshop at Plunket about Water Safety and techniques for helping your infant to have fun in the water. We had a great time and learnt some new songs and activities for bathtime. I've always found water a soothing environment for my babies, but an even better way to calm an upset child is a quick and gentle little song. Suddenly your upset and stressed little tike is relaxing and feeling soothed by your melodic tune. Try it next time your baby is upset, and I'm sure you'll find a change for the better in everyone's mood!

Here are the words for the songs we used in the bath last week ☺

Crabs and Seashells (tune of Freres Jacques)

Crabs and seashells, Crabs and seashells

Dolpins too, dophins too.

Octopus and penguin, octopus and penguins

We swim too, we swim too.

Incy Wincy Spider

Incy wincy spider climbed up the water spout.

Down came the rain and washed the spider out.

Out came the sunshine and dried up all the rain,

So Incy Wincy Spider climbed up the spout again.

4 Little Ducks

4 Little Ducks went out one day. Over the hills and far away.

Mother Duck said QUACK QUACK QUACK QUACK

But only 3 little ducks came back.

Repeat for 3 and 2 and 2 little duck.

Mother duck she went out one day. Over the hills and far away.

Mother Duck said QUACK QUACK QUACK QUACK

I HOPE YOU ENJOY THESE SONGS 😊

HOLIDAY SWIMMING

Our Holiday programmes are set for the

10th – 14th October

17th – 21st October

TERM 4 SWIMMING

Plans are taking shape for next term. We offer QPS classes during the week or Sunday classes at Aqualand. It's only a short term of 8 weeks and then we are into our long hot summer!

24th October – 20th December

Register Now

And confirmation of enrolment and class times will be sent out in 2 weeks.

10 top tips to avoid fear of water on the face...

Follow these simple steps, every day and in no time at all you will have a happy little water nymph playing in your bath!

1. Have contact with the water every day, at least in the beginning, even if this means daily bath time.
2. Make water fun, nothing helps us relax more than having a good time, so turn bath and pool time into playtime.
3. Use your imagination. Pretend to be a splashy whale or a rainy cloud. Sing along to sprinkling and splashing actions, music is therapeutic!
4. Splash, splash and more splashes! Clap your hands under water to celebrate. Fill up a colander, or put holes in a plastic container to make it "rain". Fill the bath with pouring toys such as cups and plastic dishes.
5. Give dolly a bath each day, encourage children to play "splashy" games with dolly.
6. Start small and build up. Just little splashes and sprinkles to start with. Gradually increase the volume and frequency as tolerance to water increases.
7. Know when to back off. If your child worries about the sprinkling then stop for today and play another bath game. But do start again tomorrow (or later this bath time) remember always start small and build up.
8. Use distractions between wetting. The routine could be: Sprinkle and clap then: "hey look at dolly kick her legs". Sprinkle and clap then: "This is a big yellow boat". Sprinkle, distract - sprinkle, distract.
9. Play first, soap second. Avoid soap stinging the eyes by playing your sprinkling and clapping games before you add the soap.
10. Don't be afraid to sprinkle water over the ears and face, it won't do any harm as long as its fun.

If you are concerned about ears you should first check with your own Dr or ENT.

A study published in the AMA in 1998 by Richard L. Herbert 11 MD; Geoffrey E King MD; John P. Bent 111 MD, concluded: "Showering, hair rinsing and head submersion in clean tap water do not promote water entry into the middle ear. Submersion in soapy water increases the probability of water contamination. Pool water infrequently enters the middle ear with head submersion, but the incidence increases with deeper swimming (greater than 60cm). This data provides further evidence that many water precautions frequently advised in patients with Tympanostomy Tubes (Grommets) are unnecessary".

TERM 3

Only 4 weeks left in our Term swimming programme. Here is a summary of what we have planned for you ☺

Week 7: Sunday 18th Sept, Water Safety Day & SFL Passports

REMEMBER TO BRING YOUR PJ'S AND PASSPORT. We'll update your passport and return them in Week 10. New swimmers without passports will have one issued in Week 10.



Week 8: Sunday 25th Sept, Ribbon Night from 5pm

OUR SECOND RIBBON NIGHT IS ON THE 25/09. We had a group of first time swimmers last month who we hope will return to challenge the times they set last month. **GOOD LUCK TO ALL OUR SWIMMERS>**

Week 9: Sunday 2nd Oct, Ollie the Octopus visits

Week 10: Sunday 9th Oct, Final lesson – Report Cards issued

Remarkables Primary School GAME ON!

NZ v FRANCE match live from
8.30pm screened on our
massive screen.
Music from GROOVA ☺



Free Admission from 7pm to
this community spirited event
to raise money for much
needed books and resources
for the students at
Remarkables Primary School.

Food and beverages served
while you entertain yourself in
the auctions and other fun
events.

Tickets from the Office at
Remarkables Primary School.

QUALITY versus COST – WE GUARANTEE OUR QUALITY

Providing Learn to Swim Classes in the Wakatipu for over 16 years with experience in our team spanning more than 30 years, has offered us an insight in to what the families in our community see as important when making decisions about swimming lessons.

- Timing of lessons
- Location
- Convenience
- Cost
- Results or outcome
- Time to results
- Programme
- Teachers



We believe so strongly in our programme, that we'll offer you a guarantee of results if you are not happy with the progress of your swimmer. At any time during a block of lessons please do talk to us if you're unhappy, we'll discuss solutions and ideas to address your concerns now and in the next 10 week block. If you are still unhappy with programme results, we'll offer private lessons with our most experienced and suitable teacher and a personal programme to get your swimmer to the stage we would expect after 20 lessons.

We may not be the cheapest, but we definitely are the best!!!



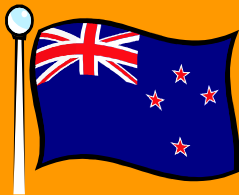
Our New Pool

Since news of my new pool went out via the media I've had an amazing array of support from the community. It's very humbling. Thank you so much for your awesome support.

Sadly, we've had some delays in the developments ☹️
But as soon as we have some news, you'll be the first to know.

Youth Commonwealth Games 7-13th Sept 2011

New Zealand Team



The Youth CWG team produced fantastic results on the Isle of Man in early September. The overall medal tally for the Games was **15 with six gold, three silver and six bronze** to place New Zealand second to Australia on the swimming medal table!!!

The Gold medals were won by Corey Main (3), Matthew Hutchins, Sophia Batchelor, Alex Hancock.

This fantastic haul of medals is the highest number of medals won by any NZ international swim team. Awesome effort!!!

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