



Lorrimer Swim School Newsletter

Issue 18

Churchie Aquatics

June 2007

Lorrimer Swim School is **certified by Swim Australia**. Certified swim schools meet industry standards and are committed to a world-class ongoing education. Friendly, experienced, caring and Austswim qualified teachers, small classes and a warm environment.

The skills your child acquires will enable them to not only save themselves but also for them to participate well in other activities such as social swimming, lifesaving and school swimming carnivals etc.

Children coming into our programme are graded and taught with others of similar age and ability, and they are moved up to the next level as soon as they are ready.

Swimming is a LIFELONG activity – an asset for life.



nvtech.com

8 TOP TIPS FOR PARENTS ON LEARN TO SWIM

1. Time in the Water

Just like learning to walk or the crawl, learning to swim is a loco motor skill that requires lots of time and practice to achieve. A Child having just one half hour lesson each week for 52 weeks of the year will only accrue 26 hours of swim lesson time over a year. The more time children spend in the water the quicker they will learn to swim.

2. Not negotiable

Learning to swim is like wearing a seat belt or a bike helmet. Until you can swim it's simply not negotiable. Children don't have the maturity to understand they are at risk around water. Provided parents are comfortable with the teaching methods used at their swim school and the children are treated with respect, then they need to have the courage of their conviction that learning to swim is an important priority.

3. Reinforce the skills

Not just with swimming, but any loco motor skill needs to be practiced over and over to be remembered. This can seem monotonous and sometimes children might say they don't want to learn to swim anymore. Feel confident that they are only being asked to persevere for such a small amount of time. Learning to stick with something rather than giving up too easily is a very healthy life lesson.

4. How much skill is enough?

Having the ability to swim around a backyard pool doesn't necessarily mean a child is strong enough to cope in an unfamiliar or stressful situation. Swimming ability can deteriorate rapidly under stress, the more skilled the child in the first place the greater the chances of survival.

5. Comfort and security matters

It's really hard for kids to concentrate and learn if they feel anxious, frightened or uncomfortable. Do all you can to ensure children feel secure and comfortable enough for easy learning to take place.

6. Be Supportive

Learning to swim is not so easy for most people. Children will be more likely to persevere and become more confident if those around them encourage and support their efforts.

7. Play

Don't underestimate the value of play in developing water confidence and a feel for the water. Playing in water will help children understand buoyancy and how to move effortlessly through the water.

8. Be Patient

If there is a last word on swimming then it has to be to encourage parents to exercise patience! If children only swim once each week it's going to feel like a very long time before they can swim. In the long run the total time spent at swim lessons is probably less than just one week of a child's life. Parents need to relax, enjoy the experience and know that they are doing something very, very good (and healthy) for their child.

TERM 3 SWIMMING TRAINING

Commencing 16th July

SENIOR (Summer Squads 1 & 3)

MONDAY	5.30am-7.30am	Afternoon Off
TUESDAY	5.30am – 7.30am	Afternoon Off
WEDNESDAY	Morning Off	4.30pm – 6.00pm
THURSDAY	5.30am – 7.30am	Afternoon Off
FRIDAY	5.30am - 7.30am	Afternoon Off

INTERMEDIATE

MONDAY	Morning Off	4.30pm – 6.00pm
TUESDAY	Morning Off	4.30pm – 6.00pm
WEDNESDAY	Morning Off	Afternoon Off
THURSDAY	Morning Off	4.30pm – 6.00pm
FRIDAY	6.00am – 7.30am	Afternoon Off

JUNIOR

MONDAY		3.30pm – 4.30pm
TUESDAY		Afternoon Off
WEDNESDAY		3.30pm – 4.30pm
THURSDAY		Afternoon Off
FRIDAY		Afternoon Off

Anyone not sure what squad they should be in please contact:
Mark Lorrimer on 38966301 or
Email mark.lorrimer@acgs.qld.edu.au

NEXT BLOCK

TERM 3

Learn to Swim - 7 Week Block

Tuesday, Wednesday & Thursdays
After School – Pick your days
Commencing Tuesday 24th July
Finishing Thursday 13th September
No Learn to Swim week of Ekka

Please Note: Classes are structured around the Child's ability so we can not guarantee 3.30pm classes

Nippers

Tuesday & Thursday's

3.30pm to 4.30pm
Commencing Tuesday 24th July
Finishing Thursday 13th September
No Nippers week of Ekka

Payment Schedule:

1 lesson/week \$ 84.00
2 lessons/week \$163.00

If you wish to book into this Block please refer to page three for enrolment details.

Like Term 2, we have only limited places available due to squads using the heated 25m pool for their winter training.

BOOKINGS CLOSE 13th JULY

PLEASE NOTE THE CHANGES TO LEARN TO SWIM AND NIPPERS BOOKINGS

FULL PAYMENT is required for every child to secure their position. I will no longer be taking bookings without this payment. If you wish to cancel after you have booked, you will receive a reimbursement less a fee of \$20.00 per child as a lot of administration goes into setting up for your child's lesson.

NEW ENROLMENTS: *I would like to assess your child so that he/she is placed into their correct level. So I will give you a call to arrange a suitable day and time.

Please note: The only time classes will be cancelled is due to an electrical storm. If, in doubt, please phone me on (07) 3349 4991 or Mobile 0439712313.



**BOOK NOW
SEPTEMBER
ONE WEEK BLOCK**

Monday 24th to Friday 28th

Morning Classes

Cost per Block

Learn to Swim \$60.00
Stroke Development \$60.00

Save a Sizzle

Postal Address: 10 Estate Place HOLLAND PARK WEST QLD 4121

INTERMEDIATE & SENIOR SWIM CLINIC'

Take the opportunity to learn in small groups, motivated coaches will work with the children and give written notes of all the necessary improvements they need work on to be ready for summer. This is the best time of the year out of the competitive season for stroke improvements to be made. This clinic is targeting Intermediate and Senior Swimmers.

Cost: \$120.00
When: Wednesday 4th July 9.00am to 3.00pm
 Thursday 5th July 9.00am to 3.00pm
Where: Churchie 25m Heated Pool
 For all enquiries phone:
 Mark Lorrimer on 38966301 or
 Email:- vickmark@bigpond.net.au

SQUAD TRAINING

Training is available to all children from Churchie and other schools. We welcome all boys and girls who can swim 200m freestyle and 50m of the other strokes.

Costs - NO POOL ENTRY
 East Brisbane swim Club & Churchie boys \$7.70 per session incl. GST
 Outside swimmers \$9.90 per session incl. GST
 For all enquiries phone: Mark Lorrimer

ADULT FITNESS CLASSES
25m Heated Pool
 MONDAY & WEDNESDAY
 NIGHTS
 6.00PM TO 7.00PM
 COST: \$6.60

FOR SALE
 PULL BOUYS
 GOGGLES
 HAND PADDLES
 SWIM BAGS

LEARN TO SWIM/NIPPERS ENROLMENT FORM

TO ENROL, Return form & payment to:
 Lorrimer Swim School,
 10 Estate Place,
 Holland Park WEST, QLD. 4121
 Phone 33494991 or 0439712313



Parent/Guardian Name:
 Address:
 Phone: (H) W)..... Emergency.....
 E-Mail Address:

Child/ren's Name		Term 3 Days Please tick your preference
1..... DOB	<input type="checkbox"/> SEPT BLOCK	<input type="checkbox"/> TUE <input type="checkbox"/> WED <input type="checkbox"/> THU
2..... DOB	<input type="checkbox"/> SEPT BLOCK	<input type="checkbox"/> TUE <input type="checkbox"/> WED <input type="checkbox"/> THU
3..... DOB	<input type="checkbox"/> SEPT BLOCK	<input type="checkbox"/> TUE <input type="checkbox"/> WED <input type="checkbox"/> THU

Special Medical:
 I authorise the Teachers and Instructors to obtain medical assistance, which they deem necessary should an accident occur, and agree to pay all medical expenses including Ambulance, incurred on behalf of my child.
 Parent Signature: Date:
Comments:.....

* I will advise you by Phone, your child/children time and teacher.

Vicki Lorrimer

Phone & Fax (07) 33494991

Mobile 0439712313

For the Kids



24

	8	1		8	3	27
		8	6			37
	7	7	4	6	0	24
2		0		3	5	20
			6	7	9	41
1	3			1		20
16	32	26	34	34	27	28

Try to fill in the missing numbers.
 The missing numbers are integers between 0 and 9.
 The numbers in each row add up to totals to the right.
 The numbers in each column add up to the totals along the bottom.
 The diagonal lines also add up the totals to the right.



Birthdays

JULY

Henry Friend Ethan Harris
 Nicholas Hart Gaurav Hegde
 Maximilian Speed

AUGUST

Hugh Andrew Hamish Burke
 McGregor Hall Bodene Hinchy
 Georgia Shaw Julia Sinclair
 Andrew Williams Holly Soden

SEPTEMBER

Hannah Beaton Joel Burke
 Hamish Cooney Oliver Cummins
 Bryana Hartley Zoe Stuart
 Indigo Stuart Claire Todd
 Jenna Todd Henry
 Robbie Winkler



East Brisbane Swim Club "The Eagles"

Club Nights - Friday's 4.00pm - First Club Nights 25m Pool
 September 7th & 14th New Website: www.ebswimclub.com
 For all enquiries contact Gary Breakwell (President) on M 0410601004
 or Coach Mark Lorrimer on 38966301 or 0408702227

Lorrimer Swim School
 10 Estate Place
 HOLLAND PARK WEST Q 4121

