

Tiny BUBBLES SWIM SCHOOL

Reg Nr. T/Gau/2009/0003390

SSA I.D: 640213DEBOFOUR

Welcome to Tiny Bubbles Swim School. You will be given the opportunity to become water safe and to learn basic swimming techniques. Please attend lessons regular and if you have a problem or a child is sick, please let me know via sms / whatsapp.

I do not answer my phone when I am busy with children, please send a message to me and I'll get back to you as soon as possible.

Swimming develops strong bodies and good coordination. It stimulates emotional development through contact and movement. This type of body stimulation is only obtained in water as a result of the water pressure around the body, the resistance of the water against the body and the weightlessness of the body in water. (Buoyancy)

Swimming stimulates both the right and left side of the brain.

Please study the basic rules at home or whenever you are near water. This will simplify our swim time and your child will learn much quicker to respect water and be safe therein. (Parents discuss and explain these rules to your children on a regular basis)

Swimming Pool rules

- **Golden Rule: Never swim alone.** An adult must always be present.
- Never enter the pool until the teacher is present.
- Don't walk near the side of the pool.
- **Never run** and play around the pool.
- If the water depth is unknown to you – **don't dive.**
- No pushing, dunking, splashing or throwing anyone in the pool.
- Never jump in unless your instructor asks you to do so.
- Go to the toilet before entering in the water, **don't wee in the pool.** – Good Hygiene
- Wash your feet in the basin provided; we want our pool to remain clean.
- **Always wear a swim cap.**
- **Wear lycra swim wear, as it clings to the body and makes body movement easy.**
- **No goggles are permitted.** Children have to get use to water on the face and eyes. They may wear it during play time or when swimming a gala.
- When someone falls in the pool; help them by handing them a noodle or floating device. **Never jump in to try and save someone.**
- No drinks or food in the pool area. **No gum. No Alcohol**
- Discipline around the pool is very important. Teach your child to respect the **instructor** and other swimmers.
- Undisciplined children will be taken out of the pool and will get time out on the red chair. If bad behaviour is a problem, the child will be given notice.
- When a parent keeps interfering in lessons, the parent will be asked to leave and if the problem persists, the child will be given notice.
- I address bad behaviour, but praise and concentrate on good behaviour with good results
- No shouting
- Anyone not taking part in lessons is not permitted in the pool area.
- Anyone taking swimming lessons is only permitted in the pool area during their scheduled time.
- **No communication between you, swimmers and onlookers, or onlookers and myself.**
- Onlookers are only permitted in the pool area during the first few lessons (3/4) thereafter please watch from outside. Your communicating with other parents is distracting the swimmers, if you wish to talk, please sit outside.
- The Coach or the swimmer must not be distracted in anyway. I need to keep my concentration 100% on the swimmer.
- Should there be any questions, please contact me telephonically after swim lessons or arrange a time to come and see me.
- Should you have a problem with another child in your child's swimming lesson, or with an instructor, please take it up with me personally and in private.
- No tampering with pool pumps and equipment.

I trust that I can depend on your cooperation & looking forward to working with you.

Regards

Debbie Fourie