

Some parents withdraw their children from swim classes “as a precautionary measure” over colder months. Some parents withdraw their children from lessons during warmer months because they will be playing in the backyard pool or beach. Some parents withdraw from lessons to try another sport.

It’s our responsibility to show the benefits of attending weekly lessons throughout the year.

Your 30min weekly lesson provides 5hrs of education per term and a total of 20hrs a year. Pausing learning lets children forget. Upon resuming lessons, skills will be lost. Unfortunately, there is no substitute for practice. The long-term approach is giving children a set of skills to assist them during their transition from children to young adults.



**Macquarie University has asked “Should my child swim through Winter ? “**

*Yes – swimming is not just a Summer sport. To ensure your child gets the most out of their swimming lesson it is recommended that swimming is continued through winter to ensure continued improvement and reinforcement of skills.*

<https://www.mq.edu.au/.../should-my-child-swim-through-winter>

**Swimming is an education not a sport.** It provides confidence to explore water sports & be safer when doing so. It is not like learning tennis, basketball, a language or a musical instrument, it is like learning to walk. We know how expensive children’s activities are & there are so many to choose from, however learning to swim is an education that may save a life.

**Building aquatic confidence in a swimmer is key.** We can’t predict when kids are going to need the skills being taught. Confidence is required to reduce panic in water. Confidence is built over time. Children progress at different speeds depending upon the difficulty of the skills they are attempting to master. We want your child to progress to level 10 as quickly as possible. With a maximum of 4 swimmers and dedicated, passionate teachers, we believe we will achieve this. Stopping lessons will stop the progress, and often cause regression.

**Kids Forget** Repetition is the key for long term skill retention. Continuing lessons in Winter and Spring makes the children more prepared to be confident and safer for Summer (*Summer is when kids are more likely to be around water*) Stopping lessons often results in a decline in water confidence and skill ability. In pausing lessons kids will often regress.

**We provide makeup lessons if you miss a class.** Some children may miss a week or 2 while swimming over the colder months. We provide makeup classes for any paid lesson missed. We give you until Christmas to redeem missed lessons. Remember 20hrs per year isn’t a great deal of time to learn the important life skill of swimming.

**Before walking out the door lets help keep our kids warm. Keeping them warm reduces stress on their immune system which fights off illness. Grab a beanie and a warm coat !**

Thank you for taking the time to read this. We are passionate about children learning water safety. Drowning is still the highest cause of accidental death in children 0-5yrs in Australia.

We want this to change.

*Patterson Lakes Swim School*