

# Swimming Lesson Information

At Frankie Frog Swim School our lesson philosophy is based on the following principles.

1. **Learning swimming the fun way.**

This principle is based on the understanding that learning is greatly improved and retained when dopamine is present during an event. The reward centres in the brain are activated by dopamine and they help us stay focused and motivated easier which helps learning. To ensure that this learning happens lessons are based around keeping things new, exciting, fun and rewarding.

2. **Water safety at the highest level.**

Lessons have a strong water safety emphasis with learning being based around developing water safety skills first before formal stroke development. The early safety skills taught are: only entering water with parent or teacher, safe entries and exits, learning to swim without goggles, extended breath hold, returning to side after entry, parent education about monitoring children, learning to swim and breath in deep water using “bob and breath” and “role and breath” techniques, teaching respect for water, role playing emergency situations.

3. **Teaching Swimming skills appropriate to age and ability.**

Over 20 years of experience gives us the ability to recognise and understand the development stages of children irrespective of their chronological age. This enables us to tailor each lesson for the particular child's needs.

4. **Sequential learning**

Lessons are planed around the principle of each new skill building on the base developed from previous skills. When complex actions are required these are broken down into components that are taught individually before being combined into the overall action.

5. **Quality** swimming lessons based on the principle of quality **over quantity**.

We would rather have fewer correct actions rather than any incorrect actions as the repetition of incorrect actions result in them being learnt rather than the correct actions.

6. **Small class sizes.**

To ensure that each child gets a high level of attention and instruction class sizes are limited. This minimizes child down time with more one on one attention. Preschool classes are normally 2 per class and school age classes are typically 3 per class. Parent and child classes are 5 per class.

7. **Minimizing distractions**

Only one lesson is in progress in the pool at one time so distractions from adjoining lessons are removed.

The different class categories are detailed below. Exact times change each term as most classes roll over and you do not have to change days and times just because your child has reached a different level.

## Parent and Baby

Parent and Baby classes are typically for children between the ages of 5 months and 3 years. In these classes you are in the water with your child to facilitate their learning during the lesson and also to show you how to help their water awareness at other times such as bath time, home pools or visits to public water facilities. Classes are in groups of 5 parents and children and last for 30 min. The lessons have a strong water safety focus. Skills learned in these lessons range from water awareness, safety activities, breath control, safe submerging, self-propulsion, all the way up to swimming unaided and breathing in deep water.

Classes are on Mondays, Tuesdays, Thursdays, Fridays between 9:20 am and 2:30 pm.

## **Pre-school**

Preschool Classes are typically for children aged between 3 and 5 Years old. Classes have 2 swimmers per class and are 20 min long. Children are paired according to their age, development stage, swimming ability and personality. Parents are not in the water however if this is required you are more than welcome to transition out of the pool when your child is ready. The lessons have a strong water safety focus. Skills learned in these lessons range from water awareness, safety activities, breath control, safe submerging, self-propulsion, all the way up to formal strokes if appropriate.

Classes are on Mondays, Tuesdays, Thursdays, Fridays between 9:20 am and 2:30 pm

## **School Age lessons**

School age lessons are typically for children over the age of 5 years. Classes are typically 3 per class with lessons 20 min long. School age classes range from beginners to advanced stroke techniques. Classes are on weekdays from 3:25 pm to 7:00 pm

## **Private Lessons**

Private lessons are also available for individuals. Lessons last 15 min.

## **Fees effective Term 1 2021**

The lesson fees listed below are for a typical 10-week term. Fees are prorated accordingly when there are public holidays or short terms. Fees are per child in each class.

| <b>PRE-SCHOOL</b>            |            |           |
|------------------------------|------------|-----------|
| Parent and Baby – group of 5 | 30 minutes | \$ 150.00 |
| Group of 2                   | 20 minutes | \$185.00  |
| Private                      | 15 minutes | \$310.00  |

| <b>SCHOOL AGE</b> |            |          |
|-------------------|------------|----------|
| Group of 2        | 20 minutes | \$205.00 |
| Group of 3        | 20 minutes | \$185.00 |
| Private           | 15 minutes | \$310.00 |