

Meet Our Team

JILL



DIANA



CAROLINE



SWIM SCHOOL NEWSLETTER Term 3, 2021

SAMMY



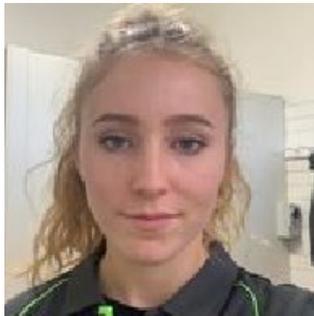
NINA



MEGAN



SOPHIE



MADDI



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APPROPRIATE SWIM WEAR FOR LEARNING TO SWIM

When children are learning to swim it is important to make sure they are wearing appropriate swim wear. This is to ensure they can make the most of their lesson without being inhibited by what they wear. The best togs to wear are ones that are not baggy or loose. Baggy togs cause drag and can also cause them to sink. Shorts need to be above the knee and rash shirts need to be snug fitting. This will let your child have the full range of movement during their lesson. Swimming caps are not compulsory but can help to keep your child's body temperature. If your child has long hair please ensure it is tied back or alternatively wear a cap. This prevents hair draping over the mouth and eyes.

WHY IS LEARNING TO SWIM SO IMPORTANT

Drowning is still the most common cause of accidental death in children.

Being able to swim is an essential life-saving skill. Swimming is the only sport that can save your child's life. It is not only fun but provides loads of health benefits which can help your child stay healthy. Swimming keeps your child's heart and lungs healthy, improves strength and flexibility, increases stamina and can improve balance and posture. It also opens up doors to a range of other activities as they get older. Once learnt this skill is never forgotten and it is open to people of all ages.



CHIH-CHI YEH - SWIM SCHOOL CO ORDINATOR ASSISTANT

Chih-Chi works Monday to Friday as Swim School Co Ordinator Assistant. She also takes on floor manager duties. Her wealth of knowledge and experience is a huge asset to the Swim School so please do not hesitate to chat with her about any concerns or queries you may have regarding your children's lessons.

TINY TOTS TUESDAYS



You can just pop down any time—no booking is required. We have instructors in the water to answer any questions and to help with your child's development. It is a perfect way to introduce your baby to the feeling of being in water and helps them get use to the environment for when they start lessons. We have fun activities and toys for your little ones to play with.



BOOKING PROCEDURES

We have recently implemented a new computer system and are in the process of developing this system further. Currently bookings need to be made at the Napier Aquatic Centre in person with payment at the time of booking. We will be looking into how we can implement online bookings and an optional direct debit payment plan hopefully in the near future.