

LEARN TO SWIM PROGRAMME INFORMATION

Water confidence and learning to swim are a key part of the Fundamental Movement Skills project. Swimming develops both locomotor and stability skills in children and builds self confidence and self awareness.

The Learn to Swim (LTS) programme is easy to teach and fun for the students to learn. It is focused on practical skills and knowledge for real world situations. LTS is based on the best international research that tells us water survival skills should form the basis of aquatic education and presents the most effective way to improve water safety outcomes.

How the program works

- Eight lessons per child
- Qualified instructors to teach children in the pool
- 30 minute lessons
- Delivered by qualified swim instructors

Prior to lessons starting

- The swim school or pool staff will be in contact with you to organise groupings of students prior to lessons and you will be sent forms to complete and return regarding class numbers and groupings.
- Please inform the pool staff of any special needs students. These students must have a teacher aide in the pool.
- This programme is for Learn to Swim classes only. Any extension swimmers must have a teacher looking after them.

At the Pool

- All swimmers are encouraged to wear swim goggles and for those with hair that covers the eyes swim caps are recommended. Swimmers are required to wear correct swim wear – no street clothes or underwear is permitted.
- Once at the pool, teachers need to have their class lined up in their swimming groups ready to enter the pool. Instructors may make changes to these groups over the course of the swimming programme.
- We encourage teachers to be involved with the lessons and work with the instructors. If at all possible **teachers should be in the pool** to support the students and learn from the instructors.

For more information or to book onto the programme please contact Zsofi Szamosi on 04 560 0308 or email kiwisport@huttcity.govt.nz, book online <http://www.kiwisportfundamentals.co.nz/booking.html>

