

Term 3, 2023

GEORGIE PARKES SWIM SCHOOL

IRONSIDE State School Hawken Drive, St Lucia, BRISBANE

Welcome to our Term 3 newsletter!

Please take time to read through the information, hopefully it will assist moving forward into our summer program.

Please also ensure you and have downloaded the **GPSS Customer Portal**. It is imperative all parents /carers have access to the Portal to be able to register absences, book make up classes, update personal details, submit term bookings and view term timetable among other important functions. For extra convenience please download the 'thinksmart' app to your phone as directed when downloading the Portal.

IMPORTANT dates

Term 4 Priority Bookings: 4-11th Sept

Term 4 New Bookings: from 9am 11th Sept

Term 4 commences: TUESDAY 4th October

September Holiday FAST TRACKS:

Bookings OPEN August 28th for:

Week 1: 19-23rd September

Week 2: 26-30th September

An email will be sent to all families with further term 4 and Holiday information prior to bookings opening.

More info: www.gpswimschool.com



Caps & Goggles

It is a requirement all swimmers have **their own** swimming cap and goggles to take part in swimming lessons at Ironside pool. The Department of Education requires swimmers especially those with long hair to wear a cap at all times when in the pool.

Caps help prevent long hair falling out in the pool and clogging up the filter which reduces its ability to keep the pool at full cleanliness thus compromising the water hygiene.

Sun Shirts

If your child wears a sun shirt during their class please ensure they are well fitting. Loose, over stretched shirts create unnecessary drag and diminish the ability to perform correct stroking. Board shorts should be kept for the beach and correct swimming shorts or togs must be worn during lessons.

We highly appreciate parents ensuring their children attend lessons with their correct equipment.

Caps and goggles are available to purchase at the pool.



TEACHER CHANGES:

GPSS is a firm advocate of maintaining the same teacher with each class throughout the entire term, as we believe this creates more succinct learning and deeper connection between teachers and students. However the current Covid situation continues to keep staff away from the pool more frequently than ever before, thus teacher changes are inevitable.

Please be assured we are doing our best to keep this to a minimum while maintaining the pool facility as a safe space.

Teach your children to be **HAPPY** not **RICH**, therefore they will learn the **VALUE** not the **PRICE** of things.

2 Lost Property

Is exactly thatsomeone's property they have misplaced or lost. If your child borrows something from Lost Property at the pool please ensure it goes back to the Lost Property immediately after their lesson. Do not rely on borrowing caps & goggles at the pool, please NAME equipment.

FOR SALE at the pool:

Cash only

GPSS silicon swim caps (5 colours)

\$15.00 each

Zoggs Learn to Swim goggles:

\$15.00 each

VICI Squad and Racing goggles:

\$25.00 each

BLING H2O Fancy goggles:

\$35.00 each

SQUAD SWIMMERS

All squad (mini, junior, senior) are encouraged to have their own 'training gear' bag for each session at the pool.

The bag may be left at the pool between sessions in covered storage. Ideally, each swimmer will have the following equipment:

Mesh bag, kick board, pull buoy, flippers.

Please also note Squad swimmers should NOT wear sun shirts during training at this level.

Ironside Swim Club (ISS)

2022-23 season of Swim Club kicks off Friday 7th October.

ISS is a community Swimming Club welcoming swimmers from all schools in our local community.

Please see the flyer attached to this email for more information.

GPSS Make Up classes

Make up classes are available **ONLY** when an absence is registered in the GPSS CUSTOMER Portal 5 hours PRIOR to the start of the absent class.

This is the responsibility of parents or carers, GPSS administration does not register absences or arrange make up classes.

Make up classes are NOT Guaranteed and strictly dependent upon availability.

Why Swim Year Round?

1. Drowning is not restricted to summer months!
2. Maintaining confidence, familiarity with the water and continuity of practice are all critical in the development of Learning to Swim and building swim fitness and techniques.
3. Learning to Swim is NOT a sport, it is an education and therefore should not be replaced by other 'sports'. Once people can swim efficiently this skill can be used to enjoy the sport of swimming and all its benefits.
4. 1 x 30 minute lesson per week for a whole year (take out holidays) is less than 24 hoursONE DAY of learning in a year!!
5. Learning to Swim as well as the sport of swimming is a progression of building blocks, including building motor patterns, neuro muscular pathways, physical strength and coordination. Once this process stops for more than 2-3 weeks in children, the recent developments or skills developed may reverse or be forgotten. These will have to be relearnt when lessons re commence.

Dry off after swimming

Children do not get sick swimming in warm water! NOT drying off completely and rugging up after swimming is where they become vulnerable. Please ensure after swimming class your child:

- Dries off **QUICKLY** (take their wet togs off)
- Puts on **SHOES** (ugg boots/ slippers are great)
- Wears a **JUMPER/JACKET**
- Wears **LONG PANTS** (P.J's/ tracksuit)

Extra tip:

- Wearing a **BEANIE** is great to stay warm and keep wet hair out of the way too!!

Physical talent is found in abundance in children, it is gifted to them. What they do with it is what counts.