

CHILDREN'S SWIMMING PROGRAMMES

by Pricilla Van Schoor



ABOUT COACH PRICILLA

Pricilla coaches at Australian International School in Singapore. The certificates she attained are:

- Learn to Swim Instructor certificate (for ages 4 onwards)
- Austswim Infant Aquatics certificate
- Competitive Strokes certificate
- CPR Adult, Child and Infant certificate

For enquiries and registration, contact Julia Kong at 6398 5352 or julia_kong@sccc.com.sg.

Date:	Start date depends on the response	
	Programme 1 Infant & Preschool Programme <i>(With Parent)</i>	Programme 2 Swimming & Water Safety Programme
Time:	Every Friday 9.15am – 9.45am	Every Tuesday 3.30pm – 4.00pm
Duration:	30 mins per session	30 mins per session
Venue:	Swimming Pool	Swimming Pool
Charges:	\$107 for 4 sessions. Where applicable, there'll be an additional charge of \$26.75 for the extra week in the month.	
Eligibility:	18 months – 4 years old	4 years onwards
Min. to Start:	2 pax	2 pax
Max. Participants:	6 pax	4 pax
	<p>This programme will encourage water-familiarization and confidence through participation in a range of enjoyable aquatic activities.</p> <p>The activities will lead to the development of basic elementary swimming and water safety skills. There are constructive song-based games and activities introduced and practised in a fun way for the children.</p> <p>Parents are instructed in methods to assist their little ones to be happy and confident learners in the water.</p>	<p>The lessons encourage water competency and the correct development of strokes. There is a strong emphasis on fun and developing a love and respect for the water.</p> <p>The programme consists of constructive games, activities and swimming drills, as well as the essential teaching tools of routine, repetition and consistency, to guide each swimmer through all levels of water safety, water competency, and stroke development.</p> <p>In addition to the basic skills, children also learn about safety in and around the water, the importance of listening to their teacher and following instructions, and respect for the other children and adults using the pool.</p>