

ESSO SWIM

Esso Swim is an individually-based programme available to anyone with RC Green or better. It is not a learn-to-swim programme, but, rather, a learn-the-competitive-elements programme. Developed to further promote the sport of swimming, it introduces 25 skills, highlighting starts, strokes, turns, training and endurance. The programme has six achievement levels, comprised of 14 individual awards. Swimming fast is not initially the primary focus; this character-building course enhances each pupil's style, thereby resulting in improved distance and speed. Developed by the Canadian Amateur Swimming Association, this swimming level infuses new interest in aquatics, and provides a venue for competitive hopefuls.

SYNCHRONIZED SWIMMING

Special synchronized swimming or water ballet classes are also available to those who have completed RC Blue or better. This course consists of one hour weekly lessons in which pupils can progress through the Star level awards (as dictated by the Canadian Amateur Synchronized Swimming Association). You may have had the opportunity to enjoy this beautiful sport in the 25th Olympiad held in Barcelona. Both Synchro and Esso maximize pupils' motivation by offering them other learning directions.

GYMNASTICS

Our gymnastics programme is designed as the perfect companion activity to swimming because not only are the lessons taught in one of benefit to the other, but the physical activity of both naturally improves endurance.

Courses are available for three separate age groups. In Toddlergym, tiny tots (18 months to

three years) learn simple body movements under the watchful eyes of both a parent and instructor.

Basic gymnastics are taught to three-to five-year-olds in Kindergym. Scaled-down equipment is used for both of these levels. Senior Kindergym is available for five-to seven-year-olds with a referral on to a pre-competitive club for older pupils.

ADULTS

Adults who've never learned to swim can do so in weekly, hour-long classes. Aquafit (water exercise classes) are available, as are classes for adult swimmers seeking to de-stress, get fit, or simply have fun. Swimming is the perfect exercise for adults – no sore joints the next day, just a healthy, toned body and a relaxed mind. C'mon down and give it a try – don't forget your free juice!

SPECIAL ED

G.S. Aquatics supports the integration of disabled with able-bodied pupils at every possible opportunity. When special needs or the disability level prohibit this, private classes are available with specially trained instructors on a group rate, no make-up basis.



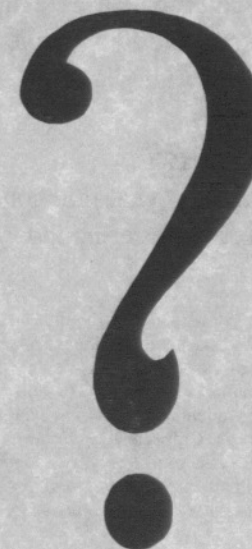
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WHY DOES G.S. AQUATICS USE...

- TOYS
- TUBES
- GOGGLES
- FLOATS



Many parents visiting G.S. Aquatics for the first time are often surprised at the variety of swim aids we use. They quickly learn, however, that toys **and** floats **and** tubes are teaching aids only, their purpose is to support the instructors, not replace them. The subject is a complex one – please read this pamphlet further for greater understanding.

GOGGLES

A popular misconception is that only swimmers in over-chlorinated* pools require goggles. Wrong presumption. Goggles are necessary for a variety of reasons.

Very young children often dislike getting water in their eyes. Goggles not only eliminate this concern, they perform miracles! “Magic water glasses” let pupils view underwater items such as their own fingers and toes, plus the floor of *their* pool, without distortion.

As the children progress, they will find their goggles crucial for accurate spatial reference and depth perception. We use only clear-lensed goggles as coloured lenses distort this perception. Coloured lenses should only be used outdoors or for competitive swimming in pools with very bright lights.

INNER TUBES

Tubes perform two vital functions: helping the pupil to relax and fostering independence.

*Specially trained staff members monitor chemical levels very closely. Every two hours, measurements are taken and only precise amounts of the required chemical are added. This not only keeps bacteria counts consistently below the safety margin, but also ensures that students are not being exposed to unnecessarily high chemical levels. Chlorine allergies are, incidentally, extremely rare. Should your child display temporary sensitivity, flush the eyes with clean water **only** and discourage rubbing. Eye drops should not be used except on the advice of a physician.

By lifting the upper body out of the water, the tube encourages relaxation. A relaxed student is simply a better pupil. Tense individuals forget what they are being taught, in contrast to the excellent retention of those whose enjoyment levels are high.

Whilst in the tube, pupils can “swim” unassisted. This realization builds the self-confidence crucial for mastering new tasks in and out of the pool.

Children do not remain inside the tubes throughout the class. Young children use them only for class end games or between turns. Older children may use them only for muscle-strengthening exercises or to encourage a more efficient arm action.

ARM FLOATS

Arm floats perform a valuable role as well. Tubes alone are not sufficient for particularly small children. They require the extra stability provided by arm floats. Other children with advanced balance skills and body control do better with arm floats alone. Children with more advanced skills often use floats in conjunction with kick rollers to lift them up during kicking drills. Floats are also advantageous in deep water because they promote confidence and relaxation, while moving the focal point during more advanced exercises.

Arm floats foster independence because children realize they can “swim” and perform other exercises without an adult’s assistance. This permits the instructors to rotate throughout a class, checking on progress, but still keeping a close eye on all.

Once children have learned all their exercises, **of course** the floats are removed.

Sudden deflation is not possible because all G.S. Aquatics floats are double-valved, made of heavy gauge plastic and tested daily.

TOYS

Is there a rubber ducky in your tub for your youngster to play with at bathtime? If so, you’re already employing G.S. Aquatics methodology of “teaching away fears”. Quite simply, toys enhance the fun level of any activity, and just like some items in your child’s toy chest, water toys make great teaching aids. That’s why we use toys in the pool.

PURCHASES

Floats and goggles can be purchased directly from G.S. Aquatics. We offer a variety of sizes in both, and our pool office staff will be happy to help you with your selection. Please do not bring unsuitable goggles, as they will only be returned to you without being used.

A FINAL WORD

The various teaching aids you see in use at the pool allow pupils to remain in the water for the entire class. This is far superior to your child sitting on-deck between turns.

Should you have any questions, please feel free to contact Georgie Shaw at 222-3745.

SWIMMING

We offer a variety of classes at all Red Cross levels, plus three Royal Life Saving levels (Bronze, Junior/Senior Resuscitation and Bronze Cross), along with nine G.S. Aquatics intermediary courses. This last group of courses has received Red Cross and Royal Life approval and exists as a goal for students who are past one RC/RL level, but not quite ready for the next. It helps to pinpoint where the teaching emphasis should be.