



WHY DON'T YOU TEACH ALL FOUR STROKES EARLIER?

Focusing on limited strokes allows most effective use of 30min lessons and the development of skills that are appropriate for ability.

Teaching butterfly and breaststroke early will not necessarily enhance or speed the learning curve for these strokes nor will it necessarily make a child faster at these strokes. Introduction of these skills take up valuable lesson time when that time can be better allocated towards more relevant skills. Skills that are more beneficial and appropriate to their improvement for both the immediate and longer term. Often in swim schools where they do teach butterfly and breaststroke at an early age, students are fully supported in water by the instructor or swim with an unrecognisable technique which does nothing for muscle memory and patterning of correct technique. When you practise poor or incorrect swimming all the time you are effectively training the body to swim poorly rather than training it to swim well. The fact is, when kids swim for fun, survival or for speed they will most likely use a freestyle or primitive freestyle (dog paddle type) stroke as they are the most speed energy efficient strokes as a way of propulsion.

As a general rule, if children are not co-ordinating elements of freestyle and backstroke with ease, it will be ineffective teaching breaststroke and fly as these are more complex strokes.

EXPOSURE IN DIFFERENT ENVIRONMENTS

Having your child swim well at different aquatic environments takes safe exposure, time, practise and patience.

Safe Exposure: take your child to different places but do not pressure them to be anywhere they do not feel comfortable. Make sure you position yourself so you can help them at any time. Make it a pleasant experience regardless of their attempt (or lack of attempt) at swimming that day.

Time: a little bit of exposure over a long time makes for the best result. Don't try to make it all happen in a day/week/month. You need to invest in the time to take them regularly.

Practise: keep taking your kids once a week to swim lessons.

Patience: if your child feels uncomfortable or in any way upset or not receptive, change the activity immediately and try another day. If they do not want to go back – they won't get better, so be patient – remember your goal.

Skills acquired must be automatic enough so that good swimming occurs regardless of the situation (cold, unfamiliar, deep or murky water). That's why we at the JNSA use lots of repetition of skills and practise time to create automation and efficiency in swimming stroke.

Justin Norris
Director

I THINK MY CHILD IS READY TO MOVE UP A CLASS

We want your child to swim the best they possibly can – that's what we take pride in and that's why your child is assessed by their own teacher every time they are in for their lessons to make sure their level is appropriate for their current skill set. Our teachers use a range of benchmarks to assess your child's performance.

Of course they are only assessed on what they actually demonstrate. So it is important your child demonstrates their best swimming to their ability each time they are in for their lessons.

We ask that all questions be directed to our FOH team or Sarah so no lessons are interrupted or delayed. Our instructors will be busy during class times focusing on maximum practise for all classes, however Sarah will be more than happy to provide you with feedback on what your child needs to focus on to keep their swimming improving.

Moving up a class does not make someone swim better – practising appropriate skills does.

RECENTLY RELOCATED?

Please see Front of House to update your contact details.

