Learn To Swim
Info Book
9TH EDITION

Call 1300kidswim
WELCOME TO DIPADEES!

30 years specialising in children’s water safety

In 1989 a junior learn-to-swim program was developed in Queensland. The program had a strong emphasis on quality, with well trained teachers and a fun approach to learning. This is the hallmark of the Dipadees program today.

With imagination, a good understanding of early childhood development and an excellent knowledge of the skill of swimming, the program provides an exciting and successful way for babies, toddlers and children to learn.

Dipadees founder Barbara Nolan has extensive learn-to-swim experience. Her belief in using a fun and caring approach supports the belief that we all have a greater capacity to learn when we relax and enjoy ourselves.

Barbara views aquatic programs around the world to ensure Dipadees remains a world class program. She is a qualified swim industry lecturer and coach and presents to swim teachers on both a national and international platform.

All Dipadees schools are Swim Australia accredited.

THE DIPADEES GUARANTEE

QUALITY If for any reason you are unhappy with the quality of your child's lessons, we will refund or provide replacement lessons FREE of charge!

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Patient, caring teachers know how to get the best from your child

Your child’s teacher has been especially chosen for their patient caring nature, they know what to say and what to do to get the very best from your child. They understand this might be your child’s very first educational experience and they’re keen to make that experience enjoyable.

All Dipadees teachers undergo extensive training to ensure your child receives the best possible tuition. They work together with you to foster a lifelong love of learning and to build your child’s confidence, self-esteem and swimming skills.

Why your child needs warm water

It’s almost impossible to concentrate and learn if you’re uncomfortable, shivering and feeling miserable. That’s why our pools are heated to a comfortable temperature.

Dipadees programs are indoors out of the wind and the weather. We like to feel comfortable in the water and we know you do too!

Most of all we know that to become a stronger, safer swimmer your child needs year-round time in the water. This is easy to achieve in the comfort of a Dipadees facility.

Your child’s water safety comes first

Our very first goal for all beginners is to develop confidence and a love of the water, along with sound safety skills.

Skills such as treading water, floating and learning how to swim back to the side are important first steps in learning to swim. Your child will learn basic water safety before progressing to the more complex swimming skills.

On average, one child under the age of five drowns in Australia every week, and for every child who drowns, many more are left with permanent injury from near-drowning accidents.

Learning to swim, together with supervision, fenced pools and learning to resuscitate, play a major role in saving lives.

All skills and activities in the Dipadees program have been especially designed to help your child become stronger in the water.

The anxious child

Sometimes children are anxious around water, this anxiety might be the result of an unpleasant experience, fright, or repeated warnings to stay away from the water.

Forceful teaching methods almost always cause fear and anxiety and can leave the child highly anxious and even more nervous about water than they were in the first place.

Children should never be forced underwater.

At Dipadees we use a gentle, fun approach to develop a love of the water.

Our teachers are always careful not to push the anxious child faster than their confidence allows. We advise parents not to pressure these children, instead give them plenty of time to explore the water and let them move at their own pace.

With an understanding and compassionate approach the anxious child will learn to love the water and become a confident little swimmer.
TIME IN THE WATER IS VITAL

When your child was learning to crawl and walk many hours were spent every day learning to balance, crawl, toddler, walk, hop, jump and eventually be competent enough to run.

Just like crawling, walking and running swimming is a locomotor movement and is going to take time, effort and practice to master. It’s unrealistic to expect your child to learn the skill of swimming competently and safely without adequate practice time in the water.

For best results we recommend children have time in the water at least twice per week and swim year round.

How many lessons will my child need?

How many lessons your child needs will depend on different factors including temperament, concentration, coordination, fears and their past exposure to water.

Some children are undaunted by change and happily accept unfamiliar situations. They enjoy new challenges and provided they have enough time in the water they will often learn very quickly.

Other children are more wary, they need time to carefully observe people and places before accepting any new environment, they might need many weeks to feel comfortable.

And lots of children fall somewhere between the two. Whatever your child’s temperament we can assure you, with plenty of time in the water and trained, understanding teachers your child will learn to swim.

PLEASE DON’T COMPARE ME!

It’s unfair to compare the progress of your child with siblings and other children.

Children develop at their own pace and in uneven stages; it’s not unusual for them to reach different stages of maturation at similar chronological ages.

As an example, a six year old might show the growth and development of a four or five year old, or an eight to nine year old.

This can make a huge difference initially, but rest assured with time and practice all children can learn to swim.

When can my child start lessons?

Your child can start in an aquatics program from as young as four months of age.

However, the focus at this age is on bonding, gentle exercise and to help prevent water fears from developing.

Your four month old isn’t going to freestyle off into the sunset just yet, but he is going to have a lot of fun learning to understand and love the water!

Here’s what others have to say:

“We have never forgotten the great care and encouragement you have given all of our children as you taught them to swim.” C & SL – Queensland.

“My son Jordan loves the water but I always panicked when he went near our pool. Knowing he can swim back to the side by himself now, means I can enjoy myself too.” SJ – Queensland.

“Thank you for teaching Hayden to swim. I loved the way you were always so gentle and caring with him and the time you took to explain his progress to me.” JB – Queensland.
What causes the spurts and slow-downs in progress?

Spurts and slow-downs in progress can be the cause of much frustration for parents, children and teachers.

However, we need to remember they are a normal and vital part of learning any new skill. These spurts and slow-downs are called the learning plateau.

Whether you’re a dancer, a musician, a tennis player, learning to swim or any other activity, at one time or another in our lives we all encounter a learning plateau.

Understanding the effect of this will help you to be patient when your child’s progress appears to slow or stop all-together.

WHAT IS A LEARNING PLATEAU?

A learning plateau is a period of time where we can’t see any progress.

Your child might have been making wonderful progress and then all of a sudden doesn’t appear to make any progress at all. Sometimes this is short lived, at other times it might last for many months.

However long the learning plateau lasts for your child, it is a normal part of learning.

Any period of rapid learning is followed by a period of time when the skills are reinforced. During this time your child’s brain is going to be making sense of all that we’ve been teaching.

Your child needs to assess all this information, decide how to use it, where in the brain to store it and how to retrieve or recall this information on demand.

Your child also needs to create strong neural pathways between the brain and other parts of the body so that the skills become automated.

Once skills can be repeated on demand and with ease we know the skills have become committed to memory. Removing your child from lessons during a learning plateau will deny them the opportunity to reinforce the skills they have been working on.

If your child is away form the water for too long there’s every chance these skills will be forgotten and may need to be re-taught, often from the start.

This is frustrating for parents and the teachers and deflating for the child’s self-esteem; not to mention the safety issue when a child or their parents do not realize the child has regressed.

SOMETIMES YOU WILL NEED TO GIVE AN EXTRA DOSE OF ENCOURAGEMENT

There will be times when your child feels frustrated with progress. This is natural and it’s important at these times to offer lots of understanding and encouragement.

Point out that learning to swim is like learning to walk, run or ride a bike. Remind your child how he had to learn to walk and to ride - it wasn’t much fun while he kept falling over but after lots of practice he did learn.

Just like walking and riding a bike, with lots of practice and time in the water your child will soon be swimming like a fish and having lot’s of fun in the pool!

Success breeds success: Praising your child’s efforts will help build self-confidence and the will to learn.

THERE WILL BE TIMES WHEN YOU NEED CONFIDENCE

It’s important you have the confidence to assure your child learning to swim is a valuable activity. Learning to swim is not a sport, it’s a vital safety skill and like wearing a helmet when you go bike riding, or a seat belt in the car, it’s not negotiable.
LEARNING TO SWIM IS SOMETHING EVERYONE NEEDS TO DO.

Once your child can competently swim 200 meters, tread water and float for prolonged periods in deep water then lessons become optional. At this time your child might enjoy competing at swimming club or playing other sports.

ALWAYS KEEP WATCH!

Sadly drowning is a major cause of accidental death for children under five in Australia. For every child who drowns many more are left with permanent brain damage.

Always supervise children in and around water. This means that a responsible adult will always be on watch, not an older sibling.

Keep watch also means this responsible person is “on duty” and remains on duty until relieved by another responsible adult.

When lots of people are having a social time around water it’s very easy for each to think the other is watching the children. Make sure there’s always a nominated person on duty.

BEACHES, POOLS AND OTHER WATERWAYS

Children need to experience many different bodies of water, let them play in different pools, beaches and other watery places.

SKILLS DETERIORATES UNDER PRESSURE

Having the ability to swim around a back yard pool does not necessarily mean a child is strong enough to cope in an unfamiliar or stressful situation.

Swimming ability can deteriorate rapidly in unfamiliar situations or under stress, the more skilled the child is in the first place the greater the chances of survival.

Dipadees News

BE SURE TO READ YOUR DIPADEES NEWS!

These great newsletters and email updates will keep you informed with the latest learn to swim news, along with tips and ideas for helping your child in the water.

Simply email us on swim@dipadees.com and request our newsletter or download a copy from our website at dipadees.com

Your chance to win great prizes!

We regularly have special opportunities for you to be a winner, from special hampers, discounts or swim packages!
Little Nipper Program

For tiny tots aged 4 to 42 months
Swimming for babies and toddlers

There's more to our baby and toddler program than meets the eye! The Dipadees baby swim program uses a gentle developmental learn-to-swim approach.

Each activity has been carefully designed to enhance your child's overall development while introducing basic water safety skills.

Each skill your little tot learns will be disguised within fun and age appropriate activities.

Happily taking a breath to submerge, kicking little legs and turning around to reach for the side will feel like a game, but we know we are teaching vital water safety skills.

Motor skills will be strengthened and coordination and balance enhanced.

Surprisingly through movement and music activities your baby or toddler will build the foundations for success in math, language and reading.

Creative activities and imagination in the class will help to develop cognitive skills, confidence, concentration and even self-esteem.

SPECIAL BONDING TIME WITH YOUR CHILD

Learning to swim is a fantastic time for bonding. There are so many opportunities to celebrate and encourage your child to master this new and exciting world.

By giving lots of encouragement, you help to build your child's social skills and self-esteem. This also sets the foundation for a lifelong, happy, trusting and successful relationship together.

DO I NEED TO BE IN THE WATER WITH MY BABY?

Up until around three to three and a half years of age most littlies are happier with mum, dad or significant other in the water with them. Our philosophy is that as long as your child needs you in the water we're happy to have you there.

While you are in the water we will gently guide you through the process of teaching your child how to become a happy and safer little swimmer.

What a wonderful way to have extra bonding time, compliment your child's development AND learn how to enjoy and move through water.

When it comes to all-round benefits you just can't beat this fantastic Learn-To-Swim Program!

Which Little Nipper class is just right for my baby or toddler?

4 LEVELS AND ONE WILL BE JUST RIGHT FOR YOU!

LITTLE NIPPER 1: Small babies approximately 4 to 15 months

This gentle program teaches littlies to become accustomed to water over their face and helps avoid water fears.

Balance and early kicking patterns are developed and learning to reach for and hold the side is encouraged.

Classes are a fun, gentle and a bonding experience that provide your baby with excellent exercise and water awareness. What a great introduction to the world of learning!

LITTLE NIPPER 2: Beginner Toddlers 15 months to 3 ½ years

With their social “L” plates on and boundless energy these are our most active little swimmers. This program caters for the very special needs of your toddler.
Fun and fast paced it allows toddlers to explore and learn how to react in water.

At around two, to two and a half your toddler’s increased motor control means kicking can become more effective and the ability to turn around and kick back to the side improves.

Safe entries and waiting for your permission before entering the water will be reinforced over and over again as your child learns about pool safety.

**LITTLE NIPPER 3: Advanced toddlers aged 2 to 3 ½ years**

This program is especially for toddlers who start young, continue with year-round lessons and who are now happy and confident under water.

Kicking endurance and breath control improve as advanced toddlers learn to extend the distance they can move through the water.

They also learn to roll on their back and to take a breath.

Your little swimmer will spend much time practising safety turns such as diving through hoops and picking up toys from the pool floor and returning to the side.

Little Nipper 3 classes reinforce and strengthen all the skills learnt as Little Nipper 1’s and 2’s. Little Nipper 3 classes are MOST important to help your toddler retain water confidence and develop new skills.

**LITTLE NIPPER 4: Advanced toddlers approximately 3 to 3½ years**

**WHEN CAN MY TODDLER SWIM WITHOUT ME?**

The unpredictable nature of toddlers means that most will need you in the water for guidance and supervision. Most toddlers simply do not have the maturity to wait safely, or to consistently follow directions.

At around three to three and a half years of age your child will begin to mature enough to follow the teacher’s directions and to sit safely while taking turns.

The ability to understand that it’s ok to be separated from mum or dad leads to greater self-assurance and your child will be less likely to fret if left with the teacher.

**LITTLE NIPPER CERTIFICATES**

For more information on all of the skills your child will be learning, be sure to pick up your FREE copy of our ‘Grades Newsletter’ from a Dipadees Swim School. Alternatively visit dipadees.com and download your copy from our ‘Certificates & Keepsakes’ page.
Swimming Program

For children aged 3 to 6 years
Swimming for 3 to 6 year olds

LEARNING THE STROKES

Each swimming skill in our program has been split into smaller parts for ease of learning. As your child masters each part of the skill, new skills are added until your child has a good grasp of the stroke.

Once your child has mastered the basic safety skills such as floating, treading water and swimming back to the side we will introduce the more complex swimming skills such as freestyle and backstroke.

Which class is right for my child?

4 LEVELS FOR MAXIMUM LEARNING!

BEGINNERS: Water confidence classes for children who can’t propel themselves through the water

Our water confidence classes are for children who have few, if any water safety or swimming skills. Children in these classes have not yet acquired the ability to tread water and may not be capable of happily submerging.

Beginners spend much time gaining the confidence to straighten their bodies out, kick their legs and to feel balanced and relaxed in the water.

They learn to happily submerge and to perform basic water safety skills such as learning how to jump in, turn around and kick back to the side.

Teachers are always careful to respect any fears these children might have and use props to make the lesson more appealing and to gently coax the children in a fun and respectful manner.

Much time is spent teaching this level to kick with long legs and to keep their hips close to the surface, as well as increasing the length of time and the distance they can travel through the water.

Children graduating from a Beginners class can HAPPILY submerge in deep water and kick back to the side while wearing clothes.

ROCKETS: Rockets for great kicking and body position!

Once your child has mastered the basic safety skills such as floating and swimming back to the side, it’s time to refine the body position. Kicking and breath control improve when you child learns to streamline.

What is streamlining and why do we spend so much time teaching this skill to your child?

Have a look at the picture on this page. See how our Rocket is stretching out in the water. This is called streamlining and is the most efficient position to move through the water.

A good streamlined body position is an extremely important foundation skill and the basis of all of our swimming strokes.

Moving more efficiently through the water means we use less energy, which in turn means we can cover a greater distance before we tire.

This simple rule means that the more time we spend developing your child’s body position the more capable swimmer he or she will eventually become.

Your child will spend much time developing a good streamlined body position on both the front and back, as well as developing a more efficient kick and gaining better breath control.
ARMS: Beautiful freestyle arms!

Now your child has the ability to hold a good streamlined body position across the surface of the water it’s time to introduce freestyle arms.

Swimming with arms isn’t just a case of moving the arms around and around. Efficient stroking (remember efficient equals safer) means your child has the ability to catch the water with their hands in an efficient sculling movement.

This “sculling” movement doesn’t come naturally to most people. In fact most children’s hands simply slip through the water without any “traction” at all. Kids (and even adults) can burn up lots of energy thrashing through the water without moving very far at all!

It’s important to understand that arm movements underwater are as important as the movement that can be seen above the water and that there is a science involved in swimming.

Developing the ability to use their hands for efficient propulsion takes lots and lots of practice. The Arms program gives your child the opportunity to do just this, practice moving their arms over and over and over.

Teachers are trained to recognise and correct any of the many stroke faults your child might make as a learner. Where the hand enters and exits the water, what happens underwater, and how the arms recover over the water are all very important to your child’s stroking efficiency.

BREATHERS 1: Learning to breathe and backstroke!

Previously your child has learnt how to be a solid little kicker with good body position and to use effective arm movements. We know the basics are right so now it’s time to learn to side breathe and backstroke.

Learning to side breathe is not the easiest skill to master. You will need to offer lots of encouragement and praise your child’s efforts to reassure him that once side breathing has been mastered swimming will be lots more fun.

CERTIFICATES FOR 3 TO 6 YEAR OLDS

YOUR FREE GRADES NEWSLETTER

For more information on all of the skills your child will be learning, be sure to pick up your FREE copy of our ‘Grades Newsletter’ from a Dipadees Swim School. Alternatively visit dipadees.com and download your copy from our ‘Certificates & Keepsakes’ page.
Swimming Programs

For children aged 7 to 11 years and above
**Swimming for 7 to 11 year olds**

Our aim for your child in our school-aged program is to develop good strong swimming skills while still enjoying the learn to swim experience.

Skills taught in this program range from beginner water confidence and treading water to the more formal strokes such as freestyle, backstroke, breaststroke and butterfly.

By school age your child may have some deep seated fears about water. Our teachers will gently encourage your child until they happily submerge and learn basic water safety skills, such as treading water and floating.

Teachers are always careful to respect any fears your child might have and will provide all the support they require. We will never use force on a child who is frightened or nervous in water.

**ROCKETS: Rockets for great streamlining**

Once your school-aged child has mastered the basic safety skills such as floating, treading water and swimming back to the side, it’s time to refine the body position, kicking and breath control skills.

**What is streamlining and why do we spend so much time teaching this skill to your child?**

A good streamlined body position is an extremely important foundation skill and the basis of all of our swimming strokes.

By school age your child might have spent lots of time playing in the water, however, without lessons inefficient habits may have developed.

It’s important that we spend time making sure we get the basics right.

Not because we’re aiming for the Olympics, but rather because moving efficiently through the water means that less energy is used, which in turn means we can cover a greater distance before we tire.

This simple rule means that the more time we spend developing your child's streamlined body position, the more efficient swimmer he or she will eventually become.

Children are graded by both their skill and physical maturity so that all children in the class are of a similar ability.

Just like the preschool program each swimming skill has been split into smaller parts for ease of learning. As your child masters each skill, new skills are added until your child has a good grasp of the stroke.

**Which class is just right for my child?**

**5 LEVELS TO MAXIMIZE LEARNING!**

**BEGINNERS:** Water confidence and basic safety skills

Our Beginners water confidence program has been designed for school-aged children who have few, if any water safety or swimming skills.

Children in these classes have not yet acquired the ability to tread water and may not be capable of happily submerging.

If your child has reached school age without becoming confident in the water we suggest you take advantage of our extra lesson specials by attending lessons two or more times each week until your child has gained more confidence.
ARMS: Learning freestyle arms!

Once your child has the ability to hold a good streamlined body position across the surface of the water it’s time to introduce freestyle arms.

It’s important to know that the movements made under the water are as important as those made above and that there is a science involved in swimming.

Developing the ability to catch hold of the water so your child can use their hands for efficient propulsion takes lots and lots of practice.

Our Arms program gives your child the opportunity for lots of practice and correction swimming with arms.

While each element of the stroke is broken down for easy learning, each part of the body is affected by how the other parts of the body move in the water.

For example, if your child’s head is too high or too deep in the water the arm stroke will be inefficient.

Teachers are trained to recognise and correct the many stroke faults your child might make as a learner.

Where the hand enters and exits the water, what happens underwater, how the head is held and how the arms recover over the water are all very important to your child’s stroking efficiency.

BREATHERS 2: Learning to freestyle breathe and backstroke!

Previously your child has learnt how to be a solid kicker with good body position and effective arm movements. Now they have the basics right it’s time to introduce freestyle side breathing!

For many people freestyle breathing is the hardest of all the swimming skills to learn, in fact many adults will tell you they can swim, but they can’t breathe!

WHY IS SIDE BREATHING SO DIFFICULT TO LEARN?

There are many technical reasons why side breathing isn’t the easiest skill to learn. One of the most common arises when children are hurried through each level before skills are thoroughly reinforced, or before the child feels safe and comfortable in the water.

Learners need to feel totally relaxed and at-one with the water before they can successfully concentrate on learning the more technical aspects of side breathing.

Your child cannot focus on the timing of where breathing fits with the arm stroke, (or exactly where the head needs to be, or how much air needs to be taken in, or exhaled out), if breathing feels compromised in any way.

Mother nature makes sure we protect ourselves against suffocation, no matter what anyone else is telling us to do!

This is the reason we make sure your child has developed excellent foundation skills, (including feeling extremely comfortable and safe underwater), before we introduce side breathing.

Even then skills are split into manageable parts, such as learning how to correctly exhale and inhale, and how to roll the head and shoulders for a breath while kicking.
Your child will spend a lot of time developing a comfortable and correct freestyle breathing pattern. They swim backstroke, learn breaststroke and enjoy wearing flippers for butterfly and other skills and drills.

CERTIFICATES FOR 7 TO 11 YEAR OLDS

The Super Dipper Program

SUPER DIPPER: Reinforcing all strokes and learning to dry rescue

Once your child has the ability to freestyle and backstroke then it’s time to graduate to the Super Dipper Program.

This program is about making sure all of the skills your child has been learning are well reinforced and more likely to be retained for a lifetime.

Endurance, strength and style improve as your child swims up to one kilometre in the pool.

SUPER DIPPER CERTIFICATE

Remember for more information on all of the skills your child will be learning, be sure to pick up your FREE copy of our ‘Grades Newsletter’ from a Dipadees Swim School. Alternatively visit dipadees.com and download your copy from our ‘Certificates & Keepsakes’ page.

JOIN OUR SOUTH PINE SWIM SQUAD!

From our Super Dipper program your child might like to join our South Pine Swim Squads. Swimming in a squad has many benefits, including life skills such as time management, self-discipline and working as part of a team. Swimming in a squad also encourages lifelong exercise habits and great friendships can be made along the way.
About My Booking

As a new customer you might have some questions about our swim school. Further information is available on our website at dipadees.com

Tell me how I should pay for lessons.
Payment is via direct debit due on the 11th of each month.
We prefer to devote our time to your child’s swim program rather than to all the administration necessary in running a swim school. That’s why, like many Australian businesses, including child care centers, our payment method is via a direct debit system. Payments can be debited from one of your accounts or credit card.
The Dipadees direct debit system does not lock you into a contract. If at any time you need to stop lessons simply allow two week’s notice so that we can cancel your fees and your booking.

How many lessons do my fees cover?
Depending on the day you attend, some months have four weeks, some five and some may have a public holiday. Over the course of the year the five-week months and the public holidays balance out.

Are there ways that I can make extra savings on lessons?
Absolutely! Check out our popular Dipadees’ $’s Claim Form to see how you can make great savings.

Do I need to re-book every month?
No, as long as your swim fees are up to date your child’s place will be secure. We have a seamless year round program. Once your child has secured a place your booking will remain in place as long as your payments are up-to-date.

How much notice do I need to provide if I want to stop lessons?
We need at least two weeks notice to stop your lessons. Just send an email to swim@dipadees.com to let us know you are stopping.

Are lessons held during the school holidays?
Yes, we operate over all school holidays - other than a couple of weeks at Christmas and on the Easter weekend.

Are lessons held on public holidays?
No, we don’t work on public holidays.

Are lessons held on student free days?
Yes, lessons as usual on student free days.

Are lessons held when it’s raining?
Yes, the pool is heated and enclosed so you will be comfortable.

Are lessons held during an electrical storm?
Yes, the centre has been authorised by an electrician and our pool is earthed.

What happens if I miss a lesson?
We can provide you with one free Family Fun Swim Pass or three free Skipadees Playland Passes per quarter as a replacement for your missed lesson.

Will I be charged for missed lessons?
Yes, we are sure you understand that we still need to pay your teacher and provide heated water and the many other expenses incurred to effectively run a swim school. This means that we need to know you will honour your commitment to your booking and that we will be paid for the time slot that you have booked.

What do I do if my child misses a number of lessons?
If for any reason attending lessons becomes too difficult for you or your child it’s important that you let us know as soon as possible so that we can cancel your booking and stop your payments.

Does this mean I will lose my money if I miss a lesson?
In other children’s activities, including childcare, if you miss a day you won’t be reimbursed for that missed day. However, we understand your frustration with paying for and then missing lessons, that’s why we offer you a complimentary Family Fun Swim Pass or Playland Pass per quarter.

Does my Family Fun Swim Pass or Playland Pass have an expiry date?
Your free Family Fun Swim Pass or Playland Pass expires within three months of the issuing date.
**Health Matters!**

**Does my child need to wear goggles?**
Goggles are good fun and necessary once children start to swim laps. In the early stages of learn to swim children should learn without goggles, just so they don’t panic when water gets in their eyes. We have goggles available for sale at the swim school.

**Does my child need to wear a cap?**
Yes, all children need to wear a cap. Wearing a cap is not only hygienic but also stops water running into your child’s eyes and mouth when their face is lifted out of the water. This simple step makes concentrating easier which in turn helps your child's progress. We have easy on, easy off Nylon/Lycra caps on sale at the swim school.

**Do you have child minding for siblings?**
Child minding is available for a small fee between 9.00am and 11.30am four days per week.

**What is the best way to make contact with you?**
We can be most easily contacted via email on swim@dipadees.com

**Where are we located?**
On Brisbane’s northside, at 983 South Pine Road, Everton Hills – right near the IGA building.

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**Other important information to know about missed lessons:**
- Free Family Fun Swim Passes and Playland Passes cannot be used as credits for future lessons
- Free Family Fun Swim Passes and Playland Passes are only provided if you are currently booked into lessons and your fees are up to date

**What happens if my child doesn’t enjoy swim lessons?**
Most children at Dipadees love their swim lessons. However, if your child isn’t enjoying lessons it’s important that you let us know as soon as possible. This way we can work with you to find a solution that works for you and your child.

**Can we swim in the pool before, during or after the lesson?**
Please see reception for member swimming times.

Dipadees safety standards require the teacher to meet the children at the edge of the pool in readiness for their lesson. Your child should remain dry until the teacher invites them into the water.

At the end of the lesson the teacher will deliver your child back to the edge of the pool where they will “officially” hand your child back into your care.

**When will the teacher grade my child?**
Rather than wait until the end of term (or worse still, end of the year!) to grade your child, the teacher will be assessing your child’s skills during every lesson. New skills will be introduced when your child is ready. If progress requires a move to another class we will consult with you regarding any possible changes.

**Can I change time or days?**
While we can’t guarantee that we will have another time or day available, we will certainly do everything we can to meet your needs.

**Can I book and then pay later?**
No, you will need to make your payment at the time of booking to secure your child’s place.

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**Do we need sun protection?**
No, Dipadees is an indoor facility. Your child will be protected from sun, wind and rain.
Does my baby need to wear a swim nappy?
Yes, students in the baby and toddler classes need to wear a swim nappy with firm fitting legs if they are not yet toilet trained.

Minor children accompanying parent into opposite sex change room.
Most facilities have a rule that if the child is under the age of seven they can enter the male change room with dad or the female change room with mum.

ECZEMA: Many children are able to swim with eczema. However, every case is different. Swimming in the sea is excellent for the condition. Swimming in a pool may irritate some. To reduce irritations after swimming have a shower at the pool. A barrier cream applied 30 minutes before the lesson is acceptable. Please check with your doctor.

EARS: Usually most ear infections have nothing to do with swimming. A middle ear infection can be treated with antibiotics. If your child is taking antibiotics and they are happy, then by all means bring them to swimming.

A WORD ON GROMMETS
For those of you who have suffered with ear infections, grommets are wonderful. This doesn’t mean that swimming has to stop. You may continue to swim quite happily.

Check with your ear, nose and throat specialist as to what is best for your child. Usually the patient needs to be out of the water for 4 weeks - ears also need to be covered in bath water too! It’s important to remember that your child is no more at risk of catching things while swimming than when mixing with other children at childcare, school or any other group gatherings.

ASTHMA: Suffer from asthma? Feel like a swim? This is probably the last activity you would feel like if you were an asthma sufferer. Asthmatics feel they are suffocating when putting their face in the water.

Winter can be a difficult time for asthmatics. The lungs are like sponges, which clog up or become saturated with mucus. Swimming is beneficial as the lungs are ‘forced’ to rhythmically expand when swimming and breathing.

Not only does swimming increase the aerobic fitness level but the lungs are working and encouraging the mucus to fall from the sponge wall. Some coughing may occur after swimming which is a good sign that the mucus is shifting. For further information ask your GP or the asthma foundation.

Contagious Conditions

Colds and Flu are viruses. They can be picked up anywhere; they are not caused by swimming. If your child is running a temperature please give them a rest to give them the opportunity to recover. As a general rule if children are not well enough for school then they probably aren’t well enough for swimming.

Impetigo (school sores). These are highly contagious so please keep your child away until the sores have recovered.

Chicken Pox is contagious. Usually the ‘patient’ is not aware they are carrying the condition until the spots appear approx. 10 days later.

The swimmer can return as soon as the spots have crusted over. This reduces the risk of infection and speeds up the healing of the wound.

Become a qualified swim teacher today!

Are you a mature minded, fun loving and patient person who is interested in returning to the workforce?

Dipadees offers extensive swim teacher training and qualification courses.

For more information call 1300kidswim or email Barb at info@dipadees.com
Special Theme Weeks

LOADS OF FUN LEARNING AND WATER SAFETY!

Kids love theme and other special occasions, this is why the Dipadees program includes special activity weeks such as Pirate Week and our Mini Olympic games.

These weeks are a great opportunity for your child to dress up and become part of our festivities. They also deliver a very serious water safety and rescue message.

From diving for treasure at the bottom of the pool, to falling out of boats and being rescued children learn many interesting and vital water safety skills.

HAVING FUN DURING PIRATE WEEK

How can I save on lessons with Dipadee’s $’s?

Just like hundreds of our customers you and your friends can offset the cost of lessons by claiming your $25.00 Dipadee’s $’s cash back!

TELL ME HOW THE DIPADEES $’S WORK

If you have friends who haven’t swum with Dipadees before and who are looking at starting swim lessons then simply:

1. Tell your friend about Dipadees if you think they would like to join our lessons.
2. Fill in the Dipadee’s $’s Claim Form.
3. Once you and your friend have signed up for our direct debit payment system, return the form to the swim school or post to: PO Box 386, Narangba 4504.
4. We will give you both a credit of $25.00 off your next month’s fees.

NOW THAT’S A GREAT SAVING!

MINI OLYMPICS - WHERE EVERYONE’S A WINNER!
Check out the Dipadees online shop!

WE ONLY SELL PRODUCTS THAT WORK WELL FOR KIDS!

VORGEE SWIMMING CAPS

Great quality, easy on, easy off Vorgee caps won't pull on your child’s hair or slide off their head.

VORGEE JUNIOR GOGGLES

Top quality, easy to adjust Vorgee junior goggles fit nicely on little faces and reduce the problem of kids fiddling with leaky goggles.

BABY SWIM NAPPIES

Our baby swim nappies fit snuggly on any baby shape. These are simply the most comfortable, long lasting baby swim nappies we’ve found! They really are great value for money.

SPORT & SWIM BAGS

Super strong bags are just the shot for carrying all things swimming. Colourful and made to last, these extremely popular bags are a great all round bag for school, swimming or the beach.

FOR THE FULL LIST OF OUR PRODUCTS SIMPLY VISIT THE DIPADEES ONLINE SHOP AT: dipadees.com

Great gift ideas!

DIPADEES VOUCHERS AND DISCOUNT CARDS

What could be easier? Whether you need a gift for baby, something for Christmas or a birthday, the Dipadees Gift Vouchers and Discount Cards make a great gift for life. Visit dipadees.com to order your vouchers and cards online or email us at swim@dipadees.com
Yes, there are dragons in the gardens!

**DID YOU KNOW OUR DIPPER IS A WATER DRAGON?**

**Swimming:** Water Dragons as their name suggests are semi-aquatic lizards. They spend a lot of time perching in trees along creeks and rivers. At any sign of danger they will dive into the water and either remain underwater or swim away. Water Dragons have been known to remain underwater for up to 90 minutes. When underwater they can slow their heart rate and conduct some gas exchange across their skin, both $O_2$ and $CO_2$.

**Running:** Water Dragons at slow speeds run on all four legs, but to increase their running speed they can run on their back legs only (bipedally). Their long powerful back legs and sharp claws help in their abilities to climb trees and dig holes for hibernation and nesting.

Photograph by Lydia G Water Dragon photographed at Mt Coottha Botanic Gardens. Source: http://www.ourbrisbane.com/photos/260330.australian-water-dragon

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**Thank you for choosing Dipadees**

We hope that you enjoy your time at Dipadees and would like to reassure you that we really do care and that your child’s learn to swim experience and success is extremely important to us.

**Please feel free to call us on 1300kidswim or email us at swim@dipadees.com if you have any further queries.**

Kind regards,
Barb and the team at Dipadees