

Myth Busters!

Exactly what's a myth and what's not? Check out the list below:

MYTH 1: Learning to swim is a sport.

Fact: Learning to swim is an educational process. Once you have learnt to swim you can then use the skill to enjoy the sport of swimming!

Learning to swim is first and foremost about becoming safer in the water and should not be replaced by activities such as soccer, cricket or ballet. These activities should be considered a sporting addition, not a replacement for swim lessons.

MYTH 2: Kids need a break from lessons.

Fact: Most children have just one half hour lesson per week. Having a break is counter productive as skills, if not well reinforced will simply deteriorate and then need to be re-learnt all over again when the child returns.

This is frustrating for all concerned and does nothing for the child's self esteem.

MYTH 3: They aren't progressing!

Fact: When your child is learning a new skill there will always be times where no progress can be seen. This apparent lack of progress does not mean learning has stopped, or that your child is truly going backwards.

When learning new skills, neural pathways between muscles, joints and the brain need to be laid down, strengthened and remembered. This all takes lots of regular practice.

Be aware that peaks and troughs along the way are a perfectly natural part of learning and that there will be times when your child needs lots of support and encouragement.

When you see a period of rapid progress, know that this will be followed by a period of consolidation where you may not see any measurable improvement.



When the going gets tough it's far better to support and encourage your child through the hiccups, or lack of apparent progress rather than remove them from the water.

MYTH 4: "I just want my child to be capable of saving himself" not go to the Olympics!

Fact: In an aquatic emergency, skills can rapidly deteriorate. People who only have the ability to move a few meters through the water, are at best weak swimmers and obviously more at risk than those who can swim a greater distance.

The more repetitions your child practices the more automatic and safer skills become. >>



More Myth Busters



MYTH 5: We've been learning to swim for years!

Fact: If attending just one lesson per week, year round the average child accumulates 20 hours of tuition per year – That's less than one day!

If you choose to attend one lesson per week during summer only, accumulated learning hours can be as little as just 10 hours per year, less than half a day annually!

MYTH 6: Kids who take a winter break come back refreshed.

Fact: Maybe for a week or two! Mostly kids who take a break de-skill and just end up spending longer trying to learn to swim!

MYTH 7: Swimming in winter gives you colds and flues!

Fact: Colds and flues are viruses. Children are at no greater risk of catching a cold from swimming lessons than from any other public place such as schools, childcare, shopping or playing with mates!

MYTH 8: All ear infections come from swimming.

Fact: While outer ear infections can be caused from swimming in poor quality water, inner ear infections are generally unrelated to swimming.

MYTH 9: One or two unsuccessful lessons have ruined the child's swimming.

Fact: While a fright, or forcing nervous children underwater can reduce confidence and the child's willingness to participate. It's actually very hard to "ruin" skills through one or two "bad" lessons.

Remember it takes a lot of practice for the skills to be learnt, so it's also going to take a bit of practice for the skills to be ruined!

MYTH 10: When a child's not progressing try another swim school!

Fact: Most swim schools work very hard at "patterning" the children's swimming skills. Provided you are happy with all other aspects of the school, such as class

sizes, teaching philosophy, etc., then changing swim schools just serves to disrupt all the work your child and their teacher have been doing!

MYTH 11: We've had a couple of lessons so we know what to do.

Fact: There is a science to swimming and your teacher has spent a considerable amount of time learning the finer art of swim teaching.

Activities often look deceptively simple, this is important for ease of learning. But underpinning this simplicity, complex biomechanics are at work. Your teacher will be constantly tweaking your child's skills.

It's especially important to listen very carefully if you are in a parent in the water class. Your teacher needs your full attention to ensure skills are practiced correctly and that your little has the best possible chance of becoming a safer swimmer.

MYTH 12: Lessons are boring!

We have to admit the repetitive nature of learning to swim can become boring for some children, especially when they reach the skill of side breathing.

At this time you might find your child applying pressure to stop lessons because they think they can already swim.

If you're struggling to keep up your resolve bear in mind the following:

- For most children their swim lesson commitment is just one half each week
- Children don't have the maturity to understand that with practice skills will become easier and more enjoyable.
- Learning to make a commitment and stick with it, especially when the going gets a little tough is character building for children.

MYTH 13: Children will learn to swim when they start school swimming.

Fact: School swimming alone usually doesn't offer enough practice time for children to master swimming. Where possible always attend both school and private lessons.



Call 3355 1550, email swim@dipadees.com or book online at dipadees.com

© 2017 Dipadees Swim School. All rights reserved. No part of this document can be reproduced without prior consent.



dipadees
swim