

# Flip's Tips

## 5 tips for Successful Swim Lessons.

1.

### Get to the pool early ready to jump in!

Your little fish is super receptive. If you are running late, or don't have everything in order your little one will pick up on this. They in turn may present to lessons anxious, or in a mindset that is unprepared for swimming. Turn up with 5-10 minutes spare, have all your equipment (goggles, cap, towel & togs) & even try getting their swim kit on before they arrive for a smooth transition.

2.

### Be supportive, it's a marathon not a sprint.

Your kids' swim journey is for life, they won't become a little fish overnight. To learn the skills & learn them right, takes time. Communicate this with your little one before & after lessons by talking about what they worked on, what special moment they achieved and acknowledge you are proud of them. This will help them associate swimming as a positive & something they enjoy (even if it doesn't come naturally).

3.

### Make swimming part of the routine.

Persistence is the key. Coming to lessons on a consistent basis will make sure they learn to swim quickly & with confidence. If something comes up (which it always will) try to make their swimming lesson the constant. But if unavoidable, schedule a makeup lesson in that week. Winter is not an excuse to break the cycle. Keep it up and during the flu season, consider the need to keep swimming as it does help keep their immune system strong.

4.

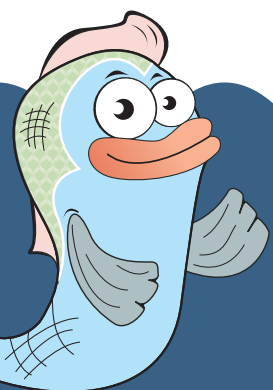
### Try out different days, times or teachers.

Your little one & their swim journey can be easily affected by things away from the pool. If they had a big day at school, are tired on Thursdays due to afternoon school sport (or whatever it is) this may be a factor to consider when scheduling their swim lessons. Also, you know your little one better than we do, so take into account their personality & let our team know. They can then try and match a teacher to their needs. If one teacher doesn't work, don't hesitate to try another (we have heaps).

5.

### Practice swim skills outside of lessons.

Learning to swim takes time. You can help us fast-track that with regular exposure to water in unstructured manners when away from the venue. Head to the beach, a local pool, a friend's place or even in the bath/shower. Swim techniques can be practised anywhere. Work on kickers, paddle arms & breath control in the early years can really be done in a couple of inches of water.



**FISH N FLIPS**  
SWIM SCHOOL