

## TEACHING PRINCIPLES

At Torpedoes Learn to Swim Program our friendly, experienced swimming instructors are guided by our five teaching principles.

- S** **Support:** We understand our families come from many diverse backgrounds and need to be supported in a variety of ways.
- T** **Trust:** We work to develop trust between the instructor, swimmer and their family, that will enable children to feel safe, secure and have their feelings respected.
- E** **Enthusiasm:** We demonstrate enthusiasm to ensure children enjoy their journey of learning to swim and to achieve goals they never thought possible.
- P** **Patience:** We remain patient with all of our swimmers, encouraging them throughout their progress.
- S** **Success:** We celebrate our swimmers' success, no matter how small. We know small, weekly improvements are key to long-term results.

## FREQUENTLY ASKED QUESTIONS

### How long should it take my child to learn to swim?

There is no definite timeline, different children take different amounts of time and find some skills easier to learn than others. If you take your child attends lessons frequently there is a high probability that they will progress quickly.

There won't always be leaps of progress every lesson or every week. It is normal for learning to plateau for periods, even regress at times and surge ahead at others.

### What if my child cries or is afraid?

Our instructors are trained to deal with even the most fearful swimmer. We have many toys, songs, and games, specially created for fearful swimmers.

### Should my child eat before a swim lesson?

Please do not feed your child or give him/her milk or juice one hour before his or her swim lesson. If your child is frightened or cannot hold his or her breath, no eating 3 hours before is preferred. Nervous children often swallow lots of air and sometimes water which may cause a student to throw up.

### I would like to talk to my child's instructor about his/her progress, when is a good time?

The best time to talk with an instructor when the class is completely over. Please do not take up class time when the instructor is teaching. If an instructor has a class right after your child's class, please try to talk to the instructor the minute or two before your class begins.

### What if my child does not like swimming lessons?

Swimming, like many activities, generates anxiety in some children. This anxiety may be most evident on the first day of lessons. As each week progresses, your child's anxiety should be less and less evident. Time, familiarity and consistency eases the anxiety.



## Torpedoes Swim Team TT Learn to Swim Program



### ▶ Torpedoes Swim Team TT

Primary Business Address  
La Joya Sporting Complex  
Eastern Main Road  
St. Joseph

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# Learn to Swim

Swimming is one of the most important skills a child can learn; no other lesson or sport can save a child's life in an aquatic environment!



Our program has grown and developed over the past twenty (20) years, offering extensive and

quality swimming education programs to children of all ages, from infants through to teenagers. Learning how to swim is a very important part of a child's personal development. It is also an excellent physical activity that provides children with improved co-ordination, flexibility and posture.

We will help your children find the little athlete within; we believe in them.



## For more than 20 years, we have provided:

- ◆ Safe, caring and professional instructions
- ◆ Stroke development and technique
- ◆ Fun and disciplined learning environment
- ◆ Confidence building in the water
- ◆ Small class sizes with an average ratio of six (6) students to one (1) instructor.
- ◆ Classes for ages one (1) through teenagers
- ◆ Lessons year round, with classes from 12 noon to 1:00pm and 1:00pm to 2:00pm.
- ◆ Classes for all skill levels including adaptive and specialty classes for children with physical or developmental disabilities.

## Learn to Swim

Our learn to swim classes are suitable for children of all ages. We cover all aspects in learning how to swim, including pool safety in and out of the water, entering and exiting the water safely, water confidence, breathing, stroke styles; kicking, use of assisted pool equipment, pool diving and perfecting underwater turns.



There are 15 levels in our learn to swim program; with the earlier levels providing the basis for getting to know the water in and out of the pool which in turn helps build confidence in the water and awareness for the water. The upper levels prepare the child for increased involvement in water based activities.

Each level is designed to ensure your children learn every aspect of swimming, as well as offering challenges and allowing them to advance to the next level once confident with each technique is established.



| Learn to Swim Program Information |                            |                              |
|-----------------------------------|----------------------------|------------------------------|
| Schedule                          | Time                       | Venue                        |
| Saturdays                         | 12:00-1:00pm & 1:00-2:00pm | Centre of Excellence, Macoya |

## Costs

Our Learn to Swim Program costs \$165 per month or \$495.00 per term per child by linx or direct deposit. (A term is three months). If the child joins part way through the month the fee will be prorated based on the number of Saturdays remaining for that month.