

The Maley Splash

May 2011

Summer Session

M a l e y S w i m S c h o o l - 6 0 1 - 8 9 8 - S W I M (7 9 4 6)

DEALS FOR DAYCARES

Daycare specials – We have discounted group rates available. This is a great way to help parents with busy schedules who can't make it to swim lessons after work.

We also have Friday Fun Swims, a great activity rain or shine and no need for sunscreen. Talk to your child-care provider and see if they would be interested in taking advantage of these offers.

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SUMMER SESSION 2011:

Dates To Know

PLEASE NOTE: Each student must pay an annual, non-refundable registration fee of \$25.00

Once-a-Week Session (16 Lessons): \$276

May 2- August 27

Summer Swims (8 Lessons - Monday thru Thursday for two weeks): \$138

May 2-12

May 16-26

May 31- June 9

June 13 - June 23

June 27 - July 8

July 18 - July 28

Aug 1 - Aug 11

Aug 15- Aug 25

Summer Session 2011 Days Off (No classes are scheduled for these dates):

Memorial Day- May 30, Make up Friday June 3 at regular class time

Summer Break- July 11-16 (not counted toward 16 lessons)

July 4th- Make up Friday July 8 at regular class time

-Fourth of July Make Up: Friday, July 9 (times TBA)

Classes are filled on a first come, first served basis. So it is important to register early if you want a particular class day & time.

FALL SESSION 2011:

Dates to Remember

PLEASE NOTE: Each student must pay an annual, non-refundable registration fee of \$25.00

Once-a-Week Session (16 Lessons): \$276

August 29 - December 17

Priority Registration: Opens June 20

Public Registration: Opens July 5

Sea Creatures



Please don't allow your child to take the sea creatures home. Your child needs to put his sea creature in the pail by his class each day; by doing this, if your child has a substitute teacher

Submerging: Help Us Help You

Submerging is a crucial step in learning how to swim. We want your child to feel as comfortable as possible in the water. Help us by encouraging your child to do their best rather than saying they do not have to go underwater. Our teachers will acknowledge your child's concern in a calm and encouraging manner. We want your child to feel confident in submerging in the water on their way to swimming. We have the expert experience of over forty years in this profession and if parents say, "you don't have to go under water today", then that child learns that going under is a bad thing. They also learn that mommy and daddy do not trust what their teacher is telling them it's okay to do. When we work together your children thrive!



There is nothing more essential to swimming than the ability to go under water. Help us make it a fun swimming activity for your child by being supportive of your child's teacher.

Why Don't They Use Their Arms?

In the beginning levels of lessons at Maley's the children learn to swim without using their arms. The reason for this is to build a strong kick and to aid in learning the rollover. We don't encourage the use of arms until Watertot 3 and Beginner 2 levels, where they will learn how to incorporate using arms with the rollover breath. Once this skill has been mastered, students will move up to Beginning Strokes where they will be introduced to freestyle, backstroke, and breaststroke.

What If My Child Falls In?

It is possible in our lessons that a child might slip into the water without the teacher expecting it. We train our teachers to have eyes in the back of their heads and during busy times we have deck personnel to help guard the classes. It is our first choice and our constant goal to never have one child slip into the water unexpectedly. All children in Maley's lessons should be able to tell you that Humpty Dumpty swims back to the wall and climbs out when he falls in and you will see them practicing this skill from both ledges and the pool steps. However, a SMALL scare does have some positive benefits and we would rather that our students have a small scare during lessons than a serious accident someplace else.

If your child falls in during swim class, the first thing we will do is make certain he is physically safe. If he is upset, we will comfort him. The next objective is to point out to your child what he did correctly after falling in. We will also go over what went wrong and how he can stay safe around the water. Last of all, we'd like to have your child practice swimming more before leaving class to build your child's confidence. We do not want fear to be his last memory of swim class. As a parent, you can help by delaying running to your child, giving the teacher time to accomplish these objectives. After class you will have some great opportunities to discuss the incident with your child. Use statements such as, "I saw you holding your breath" and "Were you kicking back to the wall". Avoid statements that could enflame emotions such as, "You almost drowned" to instill a healthy respect for the water.

For more information regarding your child falling in, please pick up the "What If Your Child Falls In" flier or talk our front desk staff.

Celebrate Maley Swim School's 10 Year Anniversary!

We are so glad you have chosen to help us celebrate our 10 years of year round swimming by participating in one of Maley Swim School's 2011 summer sessions! It is our goal to help your child learn lifesaving swim skills; water safety is our first priority. If you have any questions or concerns please do not hesitate to contact us. Our teachers, managers, and owners want to make sure that this is a great experience for both you and your children. If you are not able to speak with us in person then you can always leave a message with our front-desk staff or email info@maleyswimschool.com

Do You Want More Payment Options?

We are considering updating our payment system by offering automatic draft payments from your bank account. We would love to have this option available for Fall 2011 but need your feedback to do so. Please stop by the front desk & let us know if you are interested in utilizing auto draft bank payments for your child's future swim lessons.

Do You Have A Beginning Swimmer?

We recommend all swimmers, in particular beginning swimmers, take at least two sessions during the summer. Our recommendation and 'gold standard' for our beginners is to take one two-week session in conjunction with the once-a-week session or to take two two-week sessions. The two week classes get your child up and swimming and will also help your child get over any separation anxiety or fear of the water. The once-a-week sessions give long-term retention of skill with a lesson all summer long.

What You Need To Know

- ⇒ You must fill out a 2011 waiver for each child who has not taken lessons this year.
- ⇒ If your child is not completely potty-trained he must wear a reusable diaper and a disposable diaper.
- ⇒ Videos are allowed on the first and last day of a session.
- ⇒ Please accompany your child to the restroom so it will stay clean and inviting. Do not put paper towels in the toilet.
- ⇒ Our pool is grounded, so we have lessons rain or shine.
- ⇒ Children may not be left unattended at anytime.
- ⇒ We use M&M's in our lessons. If your child has an allergy please let us know.
- ⇒ Private lessons are available for children and adults
- ⇒ Pick up our flyers on water safety and other helpful swimming related topics.
- ⇒ Priority registration for current customers for the Fall 2011 Session will begin on June 20th. Stop by the front desk for more information or to sign up.



Visit us *online* to view available jobs opportunities and print an application.
maleyswimschool.com/careers.asp

Maley Swim School Applauds AAP's New Guidelines

Recently, the American Academy of Pediatrics (AAP) updated their guidance on water safety and drowning prevention. In this update, the AAP has revised its guidance on swimming lessons and also highlights new drowning risks. Jeffrey Weiss, lead author of the policy statement says, "To protect their children, parents need to think about layers of protection. **Children need to learn to swim.** Swimming lessons can be an important part of the overall protection, which should include pool barriers and constant, capable supervision." The statement goes on to say that new evidence shows that children ages 1 to 4 may be less likely to drown if they have had formal swimming instruction. This new guideline is based on the first study in the United States examining the association between swimming lessons and the risk of childhood drowning from the Eunice Kennedy Shriver National Institute of Child Health and Human Development published in *Archives of Pediatrics and Adolescent Medicine* (March 2009). It indicated that **formal swim training could reduce the risk of drowning by more than 88% for one to four year old children.**

Maley Swim School advises that an adult should constantly supervise children when they are in or near water. There is no such thing as a "drown-proof" or "water-safe" child, but **we can give our children the tools to help them survive a potential tragedy** if no one is there to help them. Drowning prevention must be a multilevel approach that includes educating both the child and the parent on water safety strategies, safety behaviors around the water and **maximizing swimming instruction by understanding it is a long-term process.** If parents will **stop considering swimming as a sport**, give it priority over other sports and **realize it is a necessary lifetime skill** that saves lives. It will be a great day when drowning is no longer the leading cause of accidental death in children under five and the second leading cause of accidental death in children under 14. Most young children who drown are in a home setting and have been seen by one or both parents in the last 5 minutes.

Please check out our fliers in the observation area for information on specific water safety strategies & using floaties.

WATERBABY CLASSES AVAILABLE SATURDAYS THIS SUMMER

Waterbaby classes are designed to be a fun, constructive and interactive environment for mom and dad and babies as little as six months old. Essential bonds are developed during waterbabies as your little swimmer learns valuable water safety skills in his new aquatic surroundings. These classes can also be used as a wonderful tool in early childhood development as your child begins to interact with you, the instructor and other waterbabies.

Classes are always available Monday through Thursday and new for this summer they are available on Saturday!



Start as early as six months old



It's a fun & safe environment

Ever wonder what your child tells their teacher?

A Child's Pool Rules...

- ⇒ Don't throw a trash can or bicycles into the pool.
- ⇒ Don't potty in the pool or it will turn yellow.
- ⇒ Don't get married.

Randomness...

My dad's superman - for **real** for real.

I have a wart. My daddy gave it to me.

(asking teacher) Have you ever kissed a boy that's not in your family?

(Child to teacher being very silly) You're being bad. I'm gonna go get my belt.

B,b,b, Benny and the Jets! (while playing air guitar).

Teacher (during monkey walk time): What sound does a monkey make?

Child: No! Monkeys are bad! They bite you with their sharp teeth!

Check us out online

www.maleyswimschool.com

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