

Mrs Simpson's Sizzling Spotlight

Learn to Swim Program

This week's sizzling spotlight is all about our **Learn to Swim program**. Held every year in weeks 2 to 8 (inclusive) of Term 4, our learn to swim program provides skills in Swimming Technique, Water Confidence, Survival, Water Safety and Endurance. Over the course of 7 weeks, our students participate in a 1-hour swim lesson coordinated by the Mareeba SS Health & Physical Education staff in conjunction with the Mareeba Shire Council swimming pool manager.



Occurring on either a Wednesday or Friday, Mareeba SS students are bused from the school grounds approx. 15mins prior to their lesson and after each lesson. Students who have morning lessons are encouraged to wear swimwear under their uniforms whilst those after lunch breaks have the opportunity to change during breaks with reminders and assistance from our staff. Students take minimal belongings to the pool (towel only) and are discouraged from wearing shoes or thongs (staff actively monitor for foot hazards).



Once at the pool, Mareeba SS staff or Learn to Swim coaches, provided by the local pool, take small groups of students through the learn to swim program water safety and swimming skills. During each lesson, students are monitored for progress against their allocated swim level with students receiving a certificate of completion by the end of term.



Our learn to swim program is a vital skill for our students, particularly given our local environment with both the Barron, Granite and Mitchell rivers close by including Lake Tinaroo, a popular weekend / holiday location. There is a cost involved for our program to cover the bus trip and pool entry. Families are encouraged to pay this off during the course of the year as weekly payments during swim time are discouraged. For our Years 4-6 students, a celebratory 'Swimming Fun Day' is held on Friday of week 9, term 4 each year in replace of a formal swimming carnival.

