



Trish's Swimming Instructor Journey

I decided that there was need for swimming teachers when our eldest son was 2, and friends' 3-year-old son went missing on their farm and was found drowned in the irrigation channel (we lived opposite the local swimming pool). I found out that in our small town there was only one qualified swim teacher in our area, who was also helping with the school swimming program with volunteers.

I decided to volunteer and when our 3 boys were all at school it was time for me to do the Autism Swim course and become qualified, that was 30 years ago

I am now qualified in Teacher of Swimming and Water Safety as well as a Baby and Infant, Competitive Strokes, People with Disabilities and my latest qualification is with Autism Swim.



“The new knowledge that I have received by doing Autism Swim’s course has been amazing, all the new skills can be used not only with ASD students but all students.”

I would recommend this course to all swimming teachers, as the knowledge you will take away will be invaluable to your students.

In my years as a qualified teacher, I have always had a love for teaching children and adults that need that little bit extra – I taught a boy that lost both his eyes at the age of 4, a boy who lost his foot through a farm accident at 18 months (Col is now swimming competitively in National Comps) a gentleman who was 89 years of age and had never learnt, as well as lots of children with special needs – this is the area that is most important to me.

Completing the Autism Swim course was one the best that I have ever done, not only do you have the training section, every month you get more information and ideas that help with the ASD student – this ongoing contact is helpful, the flashcards, mini social stories along with the theory for skills and general information can be used for students of all abilities.

Since doing the Autism Swim course, we have registered with the NDIS as a provider from swimming for their clients.

After doing the course and gaining more knowledge I have been teaching 4 yr olds twins girls, following their lessons being unsuccessful at other pools. Both girls have ASD, GDD and ADHD.

“... After a few weeks I was able to get both girls kicking their legs, blowing bubbles and submerging.”

I enjoyed teaching the girls about the different depths of the pool, how to stand up after falling over, as well as getting back to the edge if in water too deep to stand in. I found that these 2 beautiful girls responded well to watching other children and trying to copy them. I took one of my grandchildren in with me for lessons and had him (3 & 1/2 year old) show the girls how to kick with a board, wear a floatation aid, jump into the pool and get back to the edge; all 3 enjoyed this session so much that they all wanted to play together again.

My next aim is to get them moving their arms in a freestyle movement and to move them over to a small group lesson introducing another teacher – change is difficult for them so we will make this progress as slow or fast as needed to ensure they feel safe.

Our **Swim School H2O Swimming Works** operates out of **The Goodfellow Aquatic Centre** at the Kardinia International College Ballarat Rd Bell Post Hill (Geelong). The facility has a 25 metre 6 lane pool and a 10 metre 6 lane learn to swim pool which are heated to 29 and 32 degrees with the air temperature a constant 27 degrees, in the pool hall and changing rooms. Perfect temperature for teaching and children do not get cold.

We can be contacted by email: geelong.h2o@hotmail.com or phone: 0423 080 675, have classes Monday to Friday after school hours and Saturday mornings, we offer both group and private lessons.

Our programs cater for babies from 6 months through to Adults; beginners through to squads.

