

SwimPix

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news

March 2023

A Workshop exploring Autism

with strategies and solutions

Outcomes include...

- Identify traits and characteristics for Autism
- Experience what it's like to have Autism
- Find solutions for teaching in and around the pool to create and creating a happy learning environment



Thursday 27th April 2023 7-8pm
£10 includes e-certificate

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Go to: Training

Choose: 'Exploring ASC, ADHD, DYS, DYP' as your Standard



with Alison Bell & Lorna Crust



Bexley Beavers

Bexley Beavers are based at Crook Log Leisure Centre in Bexleyheath, Kent. They hire exclusive use of both the main pool and the teaching pool every Friday evening from 6.00 - 7.30pm.

Founded in 1967, Bexley Beavers are a self-funded group offering a wonderful opportunity for families living with special educational needs and/or disabilities to access swimming at all levels and ages in a safe and friendly environment. Aswim uk linked with Bexley Beavers to explore the benefits of using SwimPix and introducing some skills to families.

Aswim uk visited 4 sessions. The first was to establish how Bexley Beavers sessions worked. It was lovely to see families enjoying the water with no inhibitions or any judgement and to see the friendships which had been formed. At this session we had just 1 StoryBoard with 5 SwimPix activities. The interest was instant and many of the families engaged informally in the activities as and when they wanted to which was the beauty of the session.

After this first session together with the group we discussed and designed 3 further sessions.

The case study follows on page 2...



Welcome to our March News

I am very excited to share this March SwimPix News with you. Firstly a big "thank you" must go to Celine Olszowka the Chair of Bexley Beavers and to Norman Leach who is the Treasurer. The time and effort given by everyone involved at Bexley Beavers is outstanding and the rewards for the families that attend are just brilliant! This project has been both inspirational and humbling.

How fantastic it would be if this model could be delivered all over the country to allow families this wonderful opportunity to access and learn the **valuable life skill of swimming** together.

Please feel free to share your experiences with SwimPix News

We are always on the lookout for articles or a case study you may have using SwimPix, or something creative you would like to share. Email me at: training@aswim.uk

Aswim uk Training

Thursday 27th April 2023 7-8pm

A Workshop Exploring Autism

£10 includes e-certificate (see advert left). Aswim uk offer 30 minute bespoke training for using SwimPix - contact Alison for more information training@aswim.uk

Sign with SwimPix

We now have Sign with SwimPix Learn to Swim Stage 1 ready and LIVE for you to access. This is a FREE resource. I would like to thank Anna Bell at Annaquatics for her time and expertise in BSL and deaf friendly lessons.

Alison: training@aswim.uk

John: office@aswim.uk

Alison
Alison Bell



Bexley Beavers continued...

During Week 1, some just came to say 'hello' and see what it was all about, others were happy trying the activities. One boy enjoyed coming to the storyboard, taking a SwimPix card into the water to his dad, having a go then bringing it back! It was a joy to see his excitement at learning new skills.



From this session I saw there was a lot of interest as well as many different levels of ability in the pool. Taking this into account, in Week 2 we put out 3 StoryBoards in different areas of the shallow end with Stages 1 - 4 of the LTSP. I got into the pool and interacted with the swimmers and parents which worked very effectively.

Being in the pool made it easier to engage with swimmers and parents and discuss how to encourage some Core Aquatic Skills. One boy completed all the skills effectively for Stage 2 and wanted to keep practicing them! SwimPix reminded him of those skills and enabled him to practice on his own, with his dad and with me!



Some parents said their children would not engage as they were non-verbal; we were able to explain that SwimPix is an effective way to communicate, and this was successful. The surprise and delight of the parents was humbling. In the final session I took some equipment; small balls to develop hand-to-eye co-ordination, sinkers to encourage submersion and hoops to push and glide through to encourage streamlining.

This worked brilliantly at helping swimmers engage longer. We had 2 teachers in the pool to support families as needed. It soon became apparent that with SwimPix and a few swimming teachers in the pool, we had created a safe and effective learning environment.



At each session there were young adults enjoying the large 25m pool. Some had never learned any Water Safety Skills, so on the first and last week I taught two sessions including the 4 Key Water Safety Messages, Beach Flags, Survival Stroke (keeping the head dry) and some safe entries. They really enjoyed the session and I hope that this information might keep them safe around water.



So what did I learn?

- 1** Having SwimPix on the side of the pool on StoryBoards meant families could dip in and out of different activities and skills as and when they wanted to. It promoted different ways to learn, giving ownership of when and what they and their children wanted to learn.
- 2** The bond between the families was strong and using SwimPix gave the parents and carers confidence to participate, support and encourage their children.
- 3** Parents and carers learned skills and were able to practice with their children.
- 4** Everyone learned that Water Safety is important and to support being safe in and around the water.



Bexley Beavers have to pay in full for pool rental. Each session is funded by voluntary donations at the door and year-round continual fundraising. Over 50 years, they have proved the wealth of benefits this kind of session provides.

If you, your organisation or local authority are running similar sessions that you feel could benefit from a SwimPix Resources and Training package, we would love to hear from you and start a new way of teaching swimming to children and adults with special educational needs and/or disabilities.

Alison Bell