



# News

Eltham Swimming School  
Issue 3—May 2010

## Mythbusters!

### Myth 1: Our Winter Is Severe!

Not too long ago, on one of our so called Melbourne winter days, we had a visit from a group of swim school owners from Scandinavia.

*Their comment on our weather... 'this is like one of our Summer Days... often our kids come to lessons through the snow!'*

*The great majority of children having swimming lessons with us continue all year.*

Certainly our own grandchildren do. They may miss the occasional lesson, however there is mounting evidence that your children will be HEALTHIER by continuing lessons during winter.

Here is some evidence.

### Myth 2: Swimming in Winter gives you Colds, Flu's & Ear Infections

Colds and Flus are viruses, most likely caught at any public place, including School, Kinder or just playing with mates.



#### Ear Infections

Most studies regarding ear infections and swimming have been done with children who have Grommets, commonly known as tubes. You would think that children with tubes would be more susceptible to ear infections, particularly if not wearing protection. The evidence tends to show otherwise.

**Conclusions:** Taking into consideration the possible risks of infection and bearing in mind the value of joy of swimming to children and parents, families should be reassured that surface swimming does not increase the risk of infection in children with tympanostomy tubes.

Here are some conclusions, with the web address to the full article for you....  
<http://journals.cambridge.org/action/displayAbstract?aid=1113720>

### Special Notes

**BOOKINGS FOR BLOCK 2**  
are now due

**Dates:**  
Monday 7th June—Sunday  
15th August

Bookings are simply done by paying your Block Fee. This guarantees your current booking

**MINI MEET**  
Our next Mini  
Tuesday 25th May @  
6:30pm

**SCHOOL HOLIDAYS**  
We are closed for 2 weeks  
from  
Mon 28th June

**MAKE-UP LESSON  
REMINDER**  
You can do a make-up lesson for missed lessons, but ONLY if you give us adequate notice of your absence. This means by 9am for a class held in the morning, or by noon for other classes. It's easy  
Text you absent child's name to: 0428907531  
Or online on the contact us page of our [website](http://www.elthamswim.com.au)

## Myth 2: Swimming in Winter gives you Colds, Flu's & Ear Infections cont..

### The Dalhouse Medical Journal

Table 5. Recommended Water Precautions\* in Children with Tympanostomy Tubes in Place Derived From Current Literature

1. Surface swimming (not swimming below 180 cm depth) in fresh water and chlorinated pools is allowed without earplug protection. If swimming more than 180 cm below the surface or deep diving children should wear earplugs (46-49).
2. Children should wear earplugs when washing hair and there should be no head submergence in soapy bath water without earplug protection (46-48).
3. If soapy water or shampoo is allowed to enter into the ear canal antibiotic drops should be applied (46).

<http://edmj.medicine.dal.ca/archives/winter97/orig7.htm>

The most critical evidence of the **Benefits of Swimming** suggests that swimming in a chlorinated pool can markedly reduce the incidence of ear infections

"....Until now there was a lot of anecdotal evidence that pools brought health benefits for children, but there was no comprehensive research. Now, the results of a six-year study seem to prove that pools provide much more ..... these kids who usually have a lot of runny ears and very nasty ear infections show that there has been the marked decrease in ear disease, which had interrupted their learning process because they're deaf.

<http://www.abc.net.au/am/content/2006/s1577354.htm>

## Myth 3: Our Pool is Too Warm

### Why Your Child Needs Warm Water and Environment!!

(& why only parents, and not kids/teachers complain about it)

It's almost impossible to concentrate and learn if you're uncomfortable, shivering and feeling miserable.

When I ran swimming programs at a Public pool in Lilydale, where the water was 2-3 degrees lower, and the air temperature was cool, we had shivering kids, blue lips and slow learners. But being a public pool, we could not raise the temperature.

You will not see your children shivering here....remember even though our pool is warm, it is still well below your children's body temperature, and they will lose heat when wet (as do the teachers).

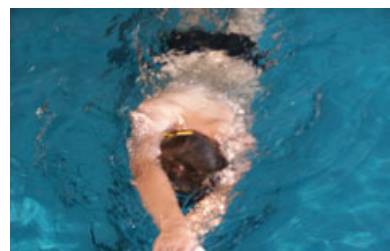
## Myth 4: Learning to Swim is Sport

Learning to swim is an educational process. Once you are competent, you can apply the skill to the sport of swimming

The normal skill acquisition process is taking place....it will have troughs, peaks and plateaus.

When learning new skills, neural pathways between muscles, joints and the brain need to be laid down, strengthened and remembered. This takes lots of consistent practice.

Be patient with your children.... If you want to know how hard it is, come to one of my adult lessons, and I'll try to teach you butterfly, or some other skill you don't know.... You will then be in awe at what your young children can do.



**In Summary:** If you bath your children in winter, then there is no reason why they shouldn't swim. Do not take them out of the Swimming School unless dry, warmly dressed and preferably with a hat.