



Kids Snorkelling Sessions

Snorkelling is great fun, easy to learn and an ideal way to build up confidence in the water. It is accessible to anyone - young or old - and is an enjoyable way to get the whole family involved. For younger members of the family, snorkelling is also a great introduction to underwater sports and can be their first step towards exploring the underwater world!



Our sessions are structured into two parts:

1. A basic poolside theory overview of the “do’s and don’ts” of snorkelling; touching on such topics as equalisation of the ears and the buddy system.
2. The practical component is skills based and forms the corner stone of the principles of safe snorkelling via skills development and skills repetition mixed in with a range of fun games for the children to undertake. This provides an encouraging environment to learning with the use of extension skills combining several skills within the same task. An example of this is demonstrating appropriate fining technique, leading to a duck dive, swimming through obstacles, retrieving an object and surfacing it to be handed to the students’ buddy who in turn performs the same skill and replaces the retrieved object in its original position.

We have scheduled sessions as part of the Ashburton Pool School Holiday program:

- Friday January 17th, 2014
- Wednesday January 22nd, 2014

Please note that children must be 5 - 12 years of age and be able to swim.

Visit <http://www.ashburton.boroondaraleisure.com.au/participate/childcare/school-holiday-program.html> for bookings and more information.