

ASHBURTON POOL AND RECREATION CENTRE



8 Warner Avenue
Ashburton, VIC, 3147
Phone (03) 9885 0333
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A Swimming Lesson Social Story



Guidelines

Thank you for choosing to use a Social Story written for Ashburton Pool and Recreation Centre. This Social Story is written by [Access Ability Australia](http://www.accessabilityaustralia.com) and is suited for a person who may live with autism spectrum disorder, a language disorder, social communication difficulties and/or a cognitive delay/disability.

For your Social Story to be successful, we recommend you follow these guidelines:

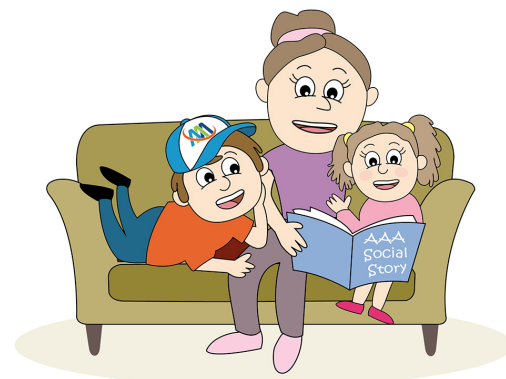
- Read Social Story often
- Social Story to be read and shared in an environment free of distractions
- Be calm, comfortable and honest when reading a Social Story
- Help the participant comprehend key points and consistently monitor for level of understanding.



**Access
Ability
Australia**

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I am going to Ashburton Pool and Recreation Centre for a swimming lesson.



In my swimming bag there will be a towel,
bathers, goggles and my swim lesson
membership wristband.

My bag might also have sunscreen, a hat and
earplugs.



When we arrive, I will see people at reception who work at the pool.

They are called staff.



At reception, there is a gate.

The gate will open when I tap my wristband on the scanner.



I might see other people swimming and playing in the pools.

I might see lifeguards wearing a bright yellow and red uniform.

Lifeguards help make sure that everybody is safe in the pools.



Next, I will go to the changing area.

The changing area is used to get dressed for swimming.

There is also a toilet in the changing area.



Then it will be time for me to go to the pool.

It is important to walk in the pool area. Not run.

Walking will help to keep me safe.



I might hear other children playing in the AquaPlay area.

I might hear a very big splash when the AquaPlay bucket tips.



I will try to wait patiently for my lesson to start.



My teacher will be wearing a red rash vest.

My teacher will say hello.

My teacher will tell me when it is time to start the lesson.



My teacher will show me how to enter the pool safely.

It is important to follow my teacher's instructions.



My teacher will help me to learn new skills.

I might practice kicking, floating and putting my face in the water.

I might also practice treading water, swimming strokes, diving and using pool toys.



It is important to have ears above the water
and listen to the teacher when they are talking.

This will make my teacher feel happy.

I will try to wait my turn during the activities.

Waiting my turn is a fair thing to do.

I will try keep my hands and legs still and keep
my head above the water while waiting my
turn to do an activity.



Sometimes I might feel like there are a lot of people in the swimming pool.

Sometimes it might sound loud.

I can wear my ear plugs to help me with the noise.

I might take a break and sit with my trusted adult for a few minutes.

I can take some deep breaths.



We might play a game at the end of the swimming lesson.

My swimming teacher will tell me when the lesson is finished.



When my swimming lesson has finished, I will walk to my trusted adult.

I can use the change room to get dry and dressed.

I can choose to have a shower in the change room.

Or I can choose to put on my clothes and have a shower at home.



Swimming lessons are fun!



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