

HAWTHORN AQUATIC AND LEISURE CENTRE



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hawthorn.boroondaraleisure.com.au

A Swimming Lesson Social Story



Guidelines

Thank you for choosing to use a Social Story written for Hawthorn Aquatic and Leisure Centre. This Social Story is written by Access Ability Australia 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:

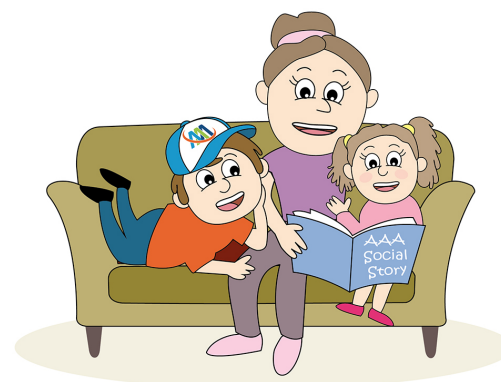
- Read Social Story often
- Social Story to be read and shared in an environment free of distractions
- Be calm, comfortable and honest when reading a Social Story
- Help the participant comprehend key points and consistently monitor for level of understanding.



**Access
Ability
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I am going to Hawthorn Aquatic and Leisure Centre for a swimming lesson.



In my swimming bag there will be a towel,
bathers and goggles.

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



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

They are called staff.



A staff member will give me a coloured band to put on my wrist.

Then, they will open the gate for me and my trusted adult to walk through.



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 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.

I will try to follow my teacher's instructions.



My teacher will help me to learn new skills.

I might practice kicking using a kickboard.

I might put my face in the water and blow bubbles.

I might practice floating and treading water.

I might practice swimming strokes while being on my tummy or back.

I might practice diving and picking toys up from the bottom of the pool floor.

I might practice using pool equipment, including a pool noodle or buoy.



It is important to have my ears above the water and listen to my 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 to 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 lots 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.

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



When my swimming lesson is 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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