

Mill Park Leisure

Social Story

A swimming lesson



City of
Whittlesea

Morang Drive
Mill Park VIC 3082

Updated November 2022 V2.0

Guidelines

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

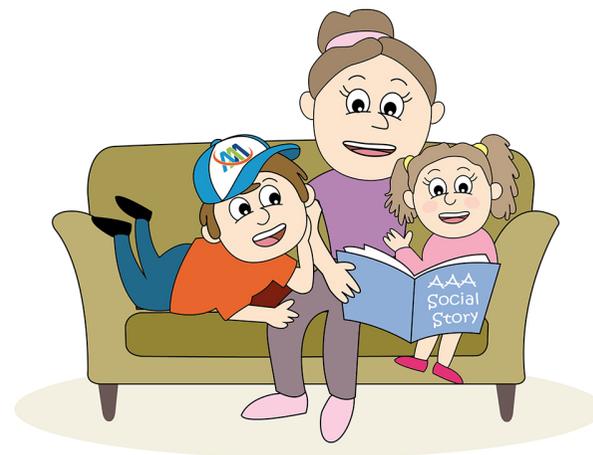
- Read Social Story often and preferably 2 weeks in advance of visit.
- Social Story to be read and shared in an environment free of distractions.
- Be calm, comfortable and honest when reading a Social Story.
- Help the participant comprehend key points and consistently monitor for level of understanding.
- Once the visit has taken place, revisit the Social Story to celebrate success.



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Ability
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I am going to Mill Park Leisure for a swimming lesson.



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

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



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

They are called staff.



A staff member may give me a coloured band to put on my wrist.
Then staff will open the gate for us to go through.



My swimming lesson will take place in the pool hall.

The pool hall has swimming pools, change rooms and play equipment.



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.



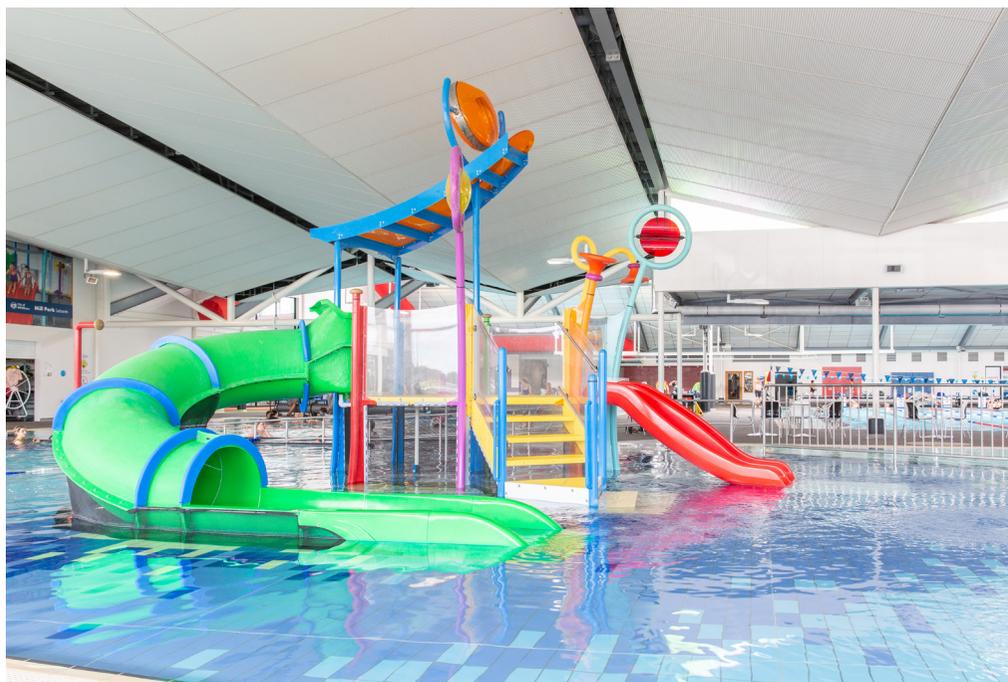
The changing area is used to get dressed before swimming.

There is also a toilet in the change area.



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

Walking will help to keep me safe.



I might hear other children playing.

That is okay because they are having fun.



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



My teacher will be wearing a black 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, floating and putting my face in the water.

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



I will try to have my ears above the water and listen to my teacher when they are talking.

This will make it easier for me to hear my teacher's instructions.

I will try to wait my turn during the activities.

Waiting my turn is a fair thing to do.

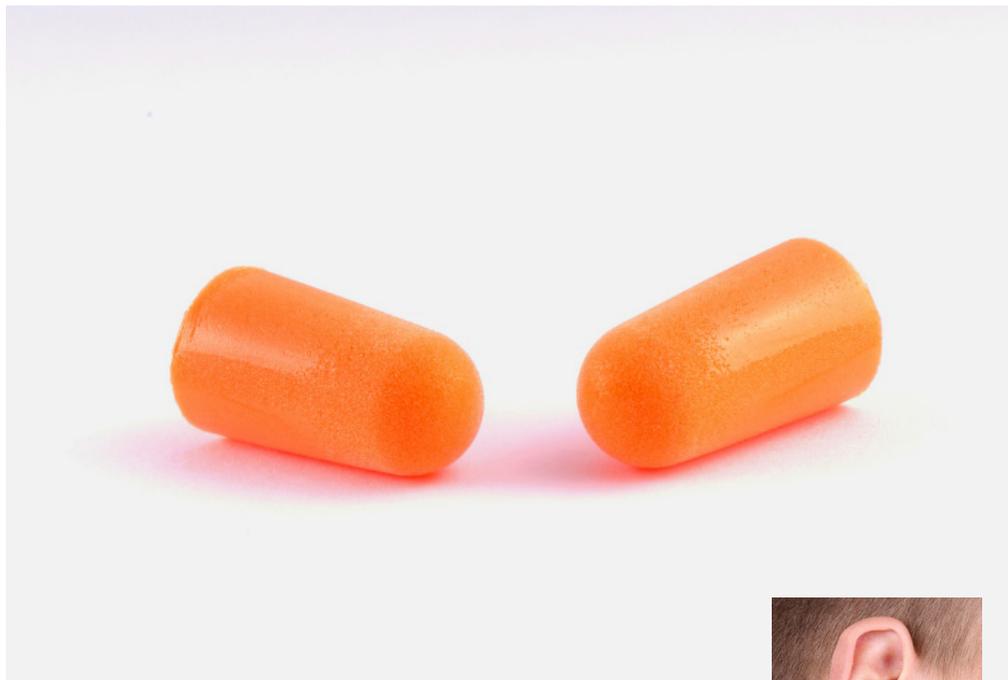
I will try keep my hands and legs still and keep my head above the water while waiting my turn to do an activity.



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

Sometimes it might sound loud because people are excited.

That is ok.



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.



**City of
Whittlesea**



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 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!

Mill Park Leisure Centre



Contact

Mill Park Leisure
T: 03 8432 7600

Address
33 Morang Drive
Mill Park VIC 3082

E: mpl@activewhittlesea.com.au

www.millparkleisure.com.au

City of Whittlesea
T: 03 9217 2170 (general information)
TTY: 133 677 (ask for 03 9217 2170)

Postal address
Locked Bag 1, Bundoora MDC VIC 3083

E: info@whittlesea.vic.gov.au

Address
25 Ferres Boulevard
South Morang VIC 3752

www.whittlesea.vic.gov.au

Free telephone interpreter service



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