

Why Rainbow Club should be included in an NDIS Plan



Rainbow Club is different to other swimming clubs

- Rainbow Club provides personalised swimming lessons for children with a disability
- Our teachers are qualified, passionate and dedicated
- Our Clubs provide a weekend activity involving social participation in the local area
- Our Swim the Rainbow program is specially designed to teach children with a disability using structure, reward and progressing in a social, fun and supportive aquatic environment

Personalised lessons

Rainbow Club provides personalised swimming lessons which are essential for children who:

- are petrified of the water
- have sensory/behavioural needs and require extra attention
- have behavioural issues and cannot be placed in a group lesson
- have challenges processing instruction and cannot cope in mainstream lessons (they need a slowly, slowly approach)
- have physical disabilities and need the full attention of a teacher

Qualified teachers

Our qualified, dedicated swim teachers are led by our experienced lead teachers. They:

- build a rapport with each child which, in turn, builds the child's confidence in the water
- work out what does/doesn't work with each child to achieve good outcomes
- follow our Swim the Rainbow program and use visual aids when needed to reinforce important goals and instructions
- have support from a team of Occupational Therapists who provide individual and general advice
- benefit from the Rainbow Edge, our specialised professional development program for teachers of children with a disability

Our Swim the Rainbow program

Our new, improved Swim the Rainbow 2.0 program personalises learning to swim, includes social participation and leads to structured squad lessons.

A child's:

- swimming goals are aligned to the seven colours of the Rainbow
- lesson is structured around one teacher to one child (1:1) while working on the Red, Yellow, Orange and Green (basic) goals
- lesson is expanded to include more than one child once they have mastered these basic goals, to introduce concepts such as taking turns, competing, winning

Rainbow Club advantages

- a child's confidence increases as the personalised attention enables them to progress quicker and eventually participate in group lessons
- rapport between teacher and child grows and helps to eliminate either a fear of water or over confidence in their abilities around no water (no fear)
- provides a weekend, social and sporting activity in the local area where a child with a disability can participate – similar to their siblings without a disability



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Rainbow Club costs

- Rainbow Club is a not for profit organisation and a registered charity
- each Club is run a by a volunteer committee of three parents, reducing costs
- we employ teachers with appropriate qualifications to provide personalised lessons (as opposed to normal swim schools where 4-6 children share a lesson)
- we run on weekends when wage rates are higher than for weekdays
- we hire pools in local communities and, unless donated, pay commercial rates for lane hire
- we support our teachers, with manuals, visual aids, inpool equipment, and professional development to ensure they are equipped and trained to provide the optimum service
- we have a friendly social calendar which includes: the annual Family Carnival where children represent their club, participate in a social activity, and have the chance to win medals; and the inclusive Murray Rose Malabar Magic Ocean Swim which children are invited to participate as part of the Magic Rainbows team (all funds raised support Rainbow Club)

