

# Annual Review

Rainbow Club 2021/22



# Our year

We are very pleased to have emerged from the long 2021/22 tunnel which included the Covid pandemic, associated lockdowns and resulting staff shortages. Each Club had unique circumstances to manage and the successes and highlights of the year are thanks to the dedicated staff, Teachers and volunteers who worked with dedication and passion to embrace change and challenges, and overcome the technical hurdles which arose unexpectedly.

No-one expected the fatal shark attack in the week prior to the 2022 Murray Rose Malabar Magic Ocean Swim and the event's cancellation at the eleventh hour. We were very grateful to our volunteer organising committee who dealt with the news sensitively and compassionately.

The Board's decision to invest approximately \$250k into growth and improved quality services has been, and will continue to be, fundamental to our ongoing quality and sustainability.

We introduced online induction for our Lead Teachers, Teachers and In Pool Volunteers through our new Rainbow Edge program. This has provided our Teacher workforce with increased resources in the form of specialised equipment and pool deck visits from occupational therapists.

We also launched our Rainbow Squad program which now has 150 members. Our Active Moves program is firmly embedded in Caringbah with a start up program underway in Newcastle.

We've set in place foundations to extend our reach down the NSW South Coast and into Queensland.

Thank you to everybody on the Rainbow Club team for always striving to help children with a disability enjoy swimming.

**Alexandra Finley** President  
**Catriona Barry** General Manager



Catriona and Alexandra








Check out  
**Rainbow Club  
YouTubes**

Search for 'Rainbow  
Club Australia' at  
YouTube.com



[myrainbowclub.org.au](https://myrainbowclub.org.au)

-  [rainbowclubaustralia](https://facebook.com/rainbowclubaustralia)
-  [rainbowclubaustralia](https://instagram.com/rainbowclubaustralia)
-  [RainbowClubAust](https://twitter.com/RainbowClubAust)
-  [Rainbow Club Australia](https://youtube.com/RainbowClubAustralia)
-  [Rainbow Club Australia](https://linkedin.com/company/RainbowClubAustralia)

## Rainbow Club Australia

PO Box 432  
Brighton Le Sands NSW 2216

Company Limited by Guarantee  
ABN 96 753 434 862

Registered NDIS Provider  
ID: 4-3LLM-647

Charitable Status:  
Rainbow Club is a not for profit  
organisation with tax exempt charity  
and deductible gift recipient status.  
Australian Taxation Office CFN 11011



Registered  
NDIS Provider



Vouchers  
accepted



Deductible gift  
recipient status

## Annual Review

Rainbow Club 2021/22

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# Our growing network



[myrainbowclub.org.au](http://myrainbowclub.org.au)



## A swimming partnership

Rainbow Club and Rackley Swimming, the largest providers of swimming lessons in southeast Queensland, announced a partnership in May. This partnership will enable young people with disabilities in Queensland greater access to aquatic activities in their local community. Clubs have been established in Acacia Ridge and North Lakes with experienced Lead Teachers, Tracey Knight and Arlene Taylor leading the way.

## Swim program updated



Lockdowns and JobKeeper gave Rainbow Club staff time to review and update our Swim the Rainbow program. After consultation with our Occupational Therapy partners at CB Consulting, Swim the Rainbow 2.0 program now includes:

- Rainbow Edge training to give all our Teachers the edge to teach children with a disability
- A new kit which includes timers, This-Then Boards and photographic Visual Aids
- Club visits by our favourite Occupational Therapists Anna, Kate and Jen, who provide support and expert guidance

Thank you Jenour Foundation for supporting Occupational Therapist visits to Rainbow Clubs

**Jenour Foundation**



## A wonderful open day

It was certificate presentation day at Warriewood Rainbow Club in June 2022. Excited members were presented with their certificates by super special guests Louise Sauvage and James Pittar! The Club were honoured to share this wonderful event with long-time Rainbow Club supporters Mayor Michael Regan, Councillor Sue Heinz from Northern Beaches Council, and Graeme Liddle Dee Why RSL Club President.

## Nine new Rainbow Clubs

During 2021/22 nine new Rainbow Clubs opened at Bateman's Bay, Denistone, Freshwater, Gregory Hills, Newcastle, Norwest, Tuggerah, Toronto and Wollongong. Thank you to Karina Seyffir and the NSW South Coast Committee who led the way in opening Wollongong and Bateman's Bay Clubs.

Thank you St George Foundation for your support to help open new Rainbow Clubs







# Ready, set, action!



## Beach action

Rainbow Club Active Moves and Rainbow Squads members had a sensational day at the beach in January 2022, learning to surf and join in with activities and games on the sand. The social day, run by Super Groms, allowed for members to connect, and socialise while learning new and exciting skills. The delightful day provided some members with their first experience in the ocean, and for others their first ever beach experience.



## Squads Hubs flex

Since launching our Rainbow Squad program, 150 participants have enjoyed one hour sessions led by qualified Competitive Strokes Teachers in 20-25m pools across our network. Each Squad Hub is slightly different but all focus on fun, friends and fitness. Sessions are age appropriate and for members of similar ability. Some participants focus on personal bests (PBs), or enjoy competition, while others prefer to improve their endurance and strength. In June 2022, the Squads Carnival highlight was the Club v Club Relay, won by Hurstville Rainbow Club. Squad Hubs now operate from 13 different locations. Watch the video and find out more at [myrainbowclub.org.au/squads](https://myrainbowclub.org.au/squads)

## Active Mover Cristian

Cristian is 20 years old and is non verbal with Autism and Global Development Delay, so exercise physiologist Kayla designed a program to maintain Cristian's muscle strength, increase shoulder flexibility and improve his freestyle swimming. "I felt Active Moves would be suitable for Cristian because he loves to swim and it gives him exercise and social connection. It ticks all the boxes" says Ernie, Cristian's Dad. "Rainbow Club has been a big part of our lives and Cristian looks forward to swimming. Active Moves addresses a huge need for young people transitioning into adulthood. Thanks for making this a reality."

Active Moves is for young adults with disabilities who will benefit from a healthy, fun, social weekend activity. Personalised programs are designed by an exercise physiologist. See [myrainbowclub.org.au/active-moves](https://myrainbowclub.org.au/active-moves)



# Empowered Teachers



Skills development, training programs, new resources and networking help build capabilities for our Teachers

teacher  
connect



Once lockdowns were a thing of the past, Rainbow Club made up for lost time with two Teacher Connect Meetings in quick succession.

In January 2022, Lead Teachers came together to share and learn from each other and were given Key Word Sign (KWS) training by Tanya Jarvis. KWS is a useful and practical skill and is now available in many of our Clubs to assist members who may need this extra form of communication to understand their Rainbow Club instruction.



Our April Connect featured the launch of Swim the Rainbow 2.0 by Jackie Cole and Nicola Davies-Cooke. A new Teacher Kit and Visual Aids co-designed with our Occupational Therapist team were delivered, together with training for using the Kit and Visual Aids.

*Thank you Primary Club of Australia for funding our new Visual Aids*



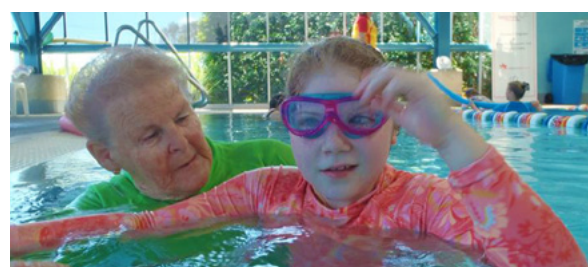
THE PRIMARY CLUB  
of  
AUSTRALIA

## Online Teacher Training

rainbow  
edge



Rainbow Edge is the new online training program for Rainbow Club Teachers. It is packed with information about teaching children with a disability how to swim and be safe in the water and mandatory for all Rainbow Club Teachers and volunteers. Learn more about teaching at Rainbow Club [myrainbowclub.org.au/teachers](https://myrainbowclub.org.au/teachers)



## Spotlight on Ellena Morris

Ellena was a finalist in the Aware Super NSW Community Hero of the Year at the 2022 NSW Women of the Year Awards. Rainbow Club is proud to have Ellena as part of our teaching family. An enthusiastic advocate for inclusivity in swimming, Ellena has supported athletes with a disability to achieve their potential for over 45 years. In 2021 she was awarded Sport NSW's Distinguished Long Service Award for 30 years of volunteer service to Special Olympics Australia. Spending 50-60 hours in the pool a week, Ellena is Lead Teacher at Kurri Kurri Rainbow Club and the Inclusion Officer for Belgrave Leisure Centres.

## Rainbow Club + Royal Life Saving NSW

Our Rainbow Club Swimming Officer, Nicola Davies-Cooke, was delighted to collaborate with her colleagues at Royal Life Saving NSW to co-design their new All Abilities training program now available at Royal Life Saving online. We are proud of this collaboration and Rainbow Club Teachers have access to this training program free of charge. See the course overview at [nsw.training.royallifesaving.com.au](https://nsw.training.royallifesaving.com.au)



ROYAL LIFE SAVING  
NEW SOUTH WALES





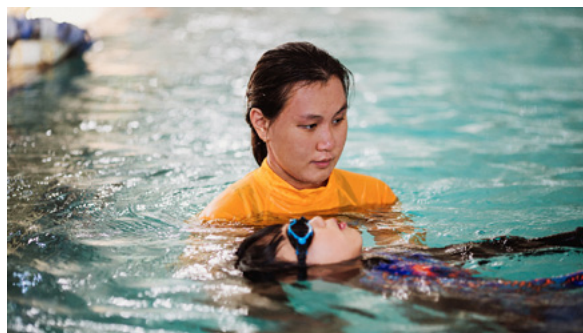
# Building capacity

## Shaping our future Teachers

train  
to teach



Our Train to Teach program provides potential Teachers with a high standard of special intensive training. It is offered to Rainbow Club family, friends and those working in the disability services community. Participants can become a Qualified Swim Teacher for free. New Teachers are given the unique experience of teaching Rainbow Club members water safety and water survival skills. The program delivers sought after training for diversity, inclusion and accessibility for children and young adults with disabilities.



## Enhanced support

Young people bring together their passion for swimming and helping children with a disability, by volunteering their time on weekends at Rainbow Club. In Pool Volunteers have become a vital part of our Clubs, working alongside Teachers to support, encourage and ensure our members stay safe and have fun. In Pool Volunteers assist Teachers by demonstrating skills, racing with members, recording time laps, and managing our equipment. Most importantly, they engage and socially interact with our members who adore our volunteers' youthful energy.

## Spotlight on In Pool Volunteers

Sisters Jade and Amber are In Pool Volunteers at Lane Cove Rainbow Club. They are volunteering as part of the Community Action Service (CAS) program. Both attend Monte Sant' Angelo Mercy College where all students undertake volunteer hours in years 9-12. They began at Lane Cove West Rainbow Club last year before moving over to Lane Cove Rainbow Club. As a result of volunteering at Rainbow Club, the sisters are now both interested in participating in Rainbow Club's Train to Teach program in the future. Thanks Jade and Amber for being Rainbow Club In Pool Volunteers!

In Pool Volunteers need to be: at least 14 years old; competent swimmers; prepared to assist in the pool as directed; happy to take on other jobs around the pool deck. To apply see [myrainbowclub.org.au/inpool-volunteer](https://myrainbowclub.org.au/inpool-volunteer)



# Community highlights

The Rainbow Club community grows stronger each year, enabling us to increase capacity so more children with a disability can receive weekly swimming lessons.

Rainbow Club appreciates the many sponsors, supporters, donors, funding bodies and fundraisers, who with the support of Teachers, volunteers and staff, enable us to increase our capacity so that more children with a disability can receive weekly swimming lessons during school terms.

Learning to swim, to be safe in the water, and participate socially each week is not something that every child with a disability can take for granted. With individualised support, Rainbow Club children are given a great start and they absolutely love it. A huge thank you to all our funding supporters.

## 2021 Aqua Awards



Every second year, Rainbow Club presents the prestigious Aqua Awards. Rainbow Club members reach their potential in the water with the support and encouragement of Teachers, families, committee members and supporters. Many individuals devote a lot of time and energy to this goal. For many, feedback and appreciation from members is its own reward but at Rainbow Club we believe outstanding people should be recognised and promoted.

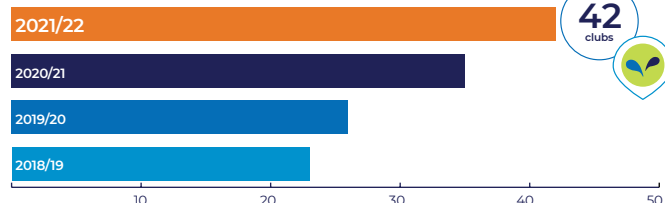
Congratulations to: Hurstville Lead Teacher Taylor Dawson; Penrith Teacher Jolanda Jarman; In Pool Volunteer Zoe Casey; and Committee Volunteers Michael Lamb at Bondi and Michelle Greening at Cherrybrook who represented Rainbow Club at the Governor's Christmas party.



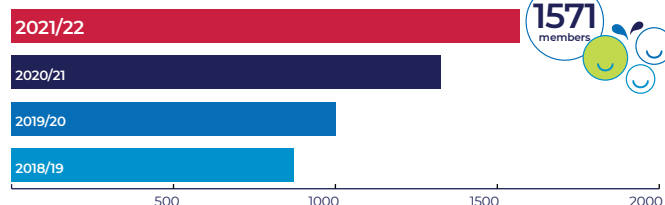
## Our growth

As at 30 June 2022

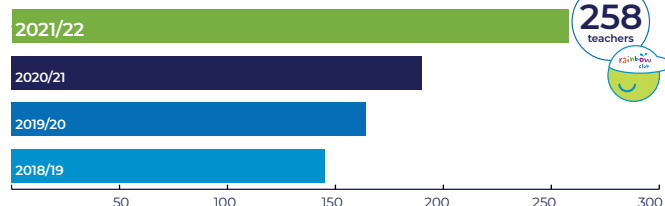
### Clubs



### Members



### Teachers



## New Life Member Bob McCotter

Congratulations to our Board Member Bob McCotter on becoming a Life Member of Rainbow Club Australia. Since joining the Board in 2013, Bob has tirelessly worked to improve processes and source funding to support and grow Rainbow Club Australia. Thank you Bob from everyone at Rainbow Club for your amazing contribution.



## Community honour Mark McCormack

Congratulations to Mark McCormack for his Community Service Award presented by Hon Matt Thistlewaite MP at Randwick Council last December. Mark is both a Director of Rainbow Club, Chair of our Risk Committee and a key member of the Murray Rose Malabar Magic Ocean Swim Committee.



# Our Clubs

as at 30 June 2022

Thank you to our Lead Teachers (LT),  
Club Committees (C) and supporters (\$)



## Clubs at Special Schools

### Bondi

**Wairoa School**  
LT: Peter O'Donnell;  
C: Michael Lamb; Liz Harris; Gal Tal

### Glenmore Park

**Fernhill School**  
LT: Bree Daniels; Tegan De La Hunty  
C: Brittney Ramm; Frank  
Tuzcuoglu; Karen Witherspoon

### Narellan

**Yandelora School**  
LT: Lauren Grallelis  
C: Lauren Grallelis, Leanne Kiaupa  
\$: Camden Council

### Northmead

**The Hills School**  
LT: Anika Plumbohm  
C: Ruixin Rintala; Margaret Homsy

### Penrith

**Kurambee School**  
LT: Cheryl Dorry  
C: Jolanda Jarman; Donna O'Brien

### Revesby

**Broderick Gillawarna School**  
LT: Jasmin Jungo  
C: Joyce Keramidas; Lauren Marler  
\$: Club Rivers

### The Ponds

**The Ponds School**  
LT: Harleen Bansal; Ashvini Dolamulla  
C: Bec Marshall; Bless Salonga;  
Anupriya Carasala

## Clubs at Carlile Pools

### Cherrybrook

Squads

**Carlile Swimming**  
LT: Janet Willis  
C: Michelle Greening; Janet Willis  
\$: WPH Sports Club

### Five Dock

**Carlile Swimming**  
LT: Madeline Stapleton C: Nicci Richardson;  
Joanna Flemming; Maria Knezevic

### Freshwater

NEW

**Carlile Swimming**  
LT: Caitlyn Stoffels  
C: Elaine Graham

### Lane Cove West

Squads

**Carlile Swimming**  
LT: Natasha Foley  
C: Nikhil Yadav

### Norwest

NEW

**Carlile Swimming**  
LT: Anika Plumbohm  
C: Eve Foxman

## Clubs at Private Schools

### Hurstville

Squads

**Danebank Girls School**  
LT: Taylor Dawson  
C: Douglas Cheah; Rachael Zhou;  
Chuc Bui

### Newington Stanmore

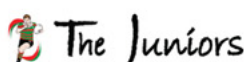
Squads

**Newington College**  
LT: Michelle Gyftopoulos  
C: Manda Johnston; Sylvia Tang  
\$: Petersham RSL

### Wahroonga

**Knox Grammar School**  
LT: Louise Colnan C: Shelly Woo  
\$: Hornsby RSL; Magpies Waitara

A huge thank you to  
all our supporters





## Clubs at Council Pools

### Auburn

**Ruth Everuss Aquatic Centre**  
**LT:** Jasmin Jungo  
**C:** Gabriella Pagano  
**£:** Dooley's Lidcombe Catholic Club

### Bateman's Bay

**NEW**

**Bay Pavillions**  
**LT:** Nerida Bourke **£:** Batemans Bay Soldiers Club; Mollymook Golf Club; Tomakin Sports and Social Club

### Bexley

**Squads**

**Angelo Anestis Aquatic Centre**  
**LT:** Eleanor Short  
**£:** Bluefit Swimming; Ramsgate RSL

### Campbelltown

**Squads**

**Gordon Fetterplace Aquatic Centre**  
**LT:** Erin Dobinson; Lauren Grallielis  
**C:** Rajen Moodley; Smita Sinnya  
**£:** Campbelltown RSL

### Kurri Kurri

**Squads**

**Kurri Kurri Aquatic & Fitness Centre**  
**LT:** Ellena Morris  
**C:** Danielle Cagney; Sharon Barrett; Jessie Tattersall

### Lane Cove

**Lane Cove Aquatic Centre**  
**LT:** Bee Bee Thong  
**C:** Daniela Whelan; Belinda James  
**£:** Bluefit Swimming; The Alcott Lane Cove

### Lithgow

**JM Robinson Aquatic Centre**  
**LT:** Meagan McDonell  
**C:** Meagan McDonell

### Liverpool

**Michael Wenden Aquatic Centre**  
**LT:** Jasmine Kadioglu  
**C:** Dayna Rowe  
**£:** Club Liverpool

### Maroubra

**Squads**

**Des Renford Aquatic Centre**  
**LT:** Margaret Smith  
**C:** Sandra Pelletier; Helena Tighe  
**£:** Souths Juniors; Randwick City Council

### Orange

**Squads**

**Orange Aquatic Centre**  
**LT:** Graham Strudwick **C:** Matt Tabbernor; Leanne Holland; Tracey Brown  
**£:** Orange ExServices; Orange Credit Union

### Southern Highlands

**Moss Vale Aquatic Centre**  
**LT:** Caitlin Gallagher  
**£:** Bluefit Swimming

### Springwood

**Squads**

**Springwood Aquatic & Fitness Centre**  
**LT:** Georgina Jelovic  
**C:** Charley Rose Mason

### Sutherland

**Squads**

**Sutherland Leisure Centre**  
**LT:** Jorja Gibson **C:** Jorja Gibson; Carla Barnes; Keryn Donovan  
**£:** Sutherland Shire Council

### Warringah

**Squads**

**Warringah Aquatic Centre**  
**LT:** Kylie Freeman **C:** Suzanne Casey; Ray Bortolussi; Kylie Dobinson  
**£:** Northern Beaches Council; Dee Why RSL

### Wollongong

**Beaton Park Leisure Centre**  
**LT:** Carly Baker  
**C:** Keighly Lindbeck



## Clubs at Swim Centres

### Caringbah

**Swimmerz Academy**  
**LT:** Serina Karadonovski **ACTIVE MOVES**  
**£:** Department of Social Services

### Cronulla Miranda

**Squads**

**Starting Block Swimming Centre**  
**LT:** Lara Cabrelle; Jessica Chan Hicks  
**C:** Rebecca Pires; Kym Gleeson  
**£:** Jess Gregory

### Denistone

**NEW**

**ATSA Denistone**  
**LT:** Bee Bee Thong

### Gregory Hills

**NEW**

**Aquabliss**  
**LT:** Dean Taylor  
**C:** Dean Taylor

### Holsworthy

**Holsworthy Aquatic Centre**  
**LT:** Amy Legeret  
**£:** Holsworthy Aquatic Centre

### Mt Pritchard

**Squads**

**Ignite Health & Fitness**  
**LT:** Ashley Sheriff  
**C:** Angie Tang; Karen Touzell  
**£:** Mounties

### Newcastle City

**NEW**

**Arnold's Swim Centre**  
**LT:** Rachel Threadgate  
**C:** Chloe Holland; Lindsay Davis

### Seven Hills

**Squads**

**ATSA Seven Hills**  
**LT:** Temajin Yee  
**C:** Nicola Yee; Kathryn Woods

### Toronto

**NEW**

**Toronto Swim Centre**  
**LT:** Debra Scholte  
**C:** Dominique Hasan; Caitlin Heusz; Bec Marshall

### Tuggerah

**NEW**

**The Mariners Centre**  
**LT:** Debra Scholte  
**C:** Bonnie Delarue; Roxanne Sanday; Nicole Lamb

### Valentine

**Valentine Hydrotherapy Pool**  
**LT:** Judy Brown **C:** Martin Crampton; Tasha Wells; Emma Kerr  
**£:** Belmont 16ft Sailing Club

### Warriewood

**Squads**

**Aquatic Achievers Warriewood**  
**LT:** Janet Willis  
**C:** Sarah Garrod; Heather Thomson

# Our organisation



## Our new patron

We are delighted to welcome Her Excellency, the Honourable Margaret Beazley AC KC, Governor of New South Wales and Mr Wilson as patrons of Rainbow Club. Her Excellency brings her deep commitment to education, youth leadership, human rights and social justice to both her role in service of the people of NSW and as patron of Rainbow Club.

## Financial result

Rainbow Club has some great people working behind the scenes to keep our clubs safe, fun, financially stable and compliant with all regulations. The full audited financials are available online.

## Rainbow Club Financial Statement

1 July 2021 to 30 June 2022

SEE  
REPORT

[myrainbowclub.org.au/  
annual-report](http://myrainbowclub.org.au/annual-report)

| Statement of Profit or Loss           | 2022 \$     | 2021 \$     |
|---------------------------------------|-------------|-------------|
| Revenue from members                  | 1,189,010   | 1,153,761   |
| Government grants & subsidies income  | 307,869     | 575,050     |
| Fundraising & events income           | 319,763     | 371,785     |
| Grants & donations & other income     | 155,004     | 174,420     |
| Service provision expenses            | (1,731,026) | (1,799,519) |
| Technology expenses                   | (80,755)    | (90,176)    |
| Fundraising & event expenses          | (45,579)    | (45,175)    |
| Staff training & development expenses | (44,253)    | (47,182)    |
| Other expenses                        | (186,176)   | (150,126)   |
| Surplus / (Deficit) for the year      | (116,143)   | 142,838     |

| Assets and Liabilities Statement | 2022 \$   | 2021 \$   |
|----------------------------------|-----------|-----------|
| <b>Assets</b>                    |           |           |
| Total Current Assets             | 1,347,605 | 1,482,984 |
| Total Non-Current Assets         | 43,786    | 50,577    |
| Total Assets                     | 1,391,391 | 1,533,561 |
| <b>Liabilities</b>               |           |           |
| Total Current Liabilities        | (545,009) | (561,220) |
| Total Non-Current Liabilities    | (11,110)  | (20,926)  |
| Total Liabilities                | (556,119) | (582,146) |
| Net Assets [Total Equity]        | 835,272   | 951,415   |

Rainbow Club Australia Incorporated ABN 96 753 434 862. This is a summary of audited statements to 30 June 2022. Accountants: SGB Partners, Chartered Accountants, Sydney Auditors: Thompsons Australia

## Our people

### Founders

Ron Siddons (d 2017) MBE OAM, Lily Siddons

### Patrons

Hon Margaret Beazley AC KC and Mr Wilson

**Ambassadors** James Pittar, Louise Sauvage OAM, Mark Speakman SC MP

### Life Members

Gary Bradshaw (2006), Philip Holt OAM (2006), Malcolm Kerr AM (2006), Tony Williams (2006), Suzanne Stanton (2013), Margaret Taplin (2015), Rob Lloyd OAM (2018), Alexandra Finley (2019), Bob McCotter (2021)

### Board

Alexandra Finley (President), Rob Lloyd (Vice President), Bob McCotter (Secretary), Steve Langan-Stark (Treasurer), Ernie Cirignano, Dipen Dhruv, Mathew Harper, Mark McCormack, Tracey Raso, John Taplin OAM

### Staff

Catriona Barry (General Manager), Nikki Horton, Heather Nadillo, Michelle Tonge, Jarrod Anthony, Emma Baldwin, Carla Barnes, Robyn Bayliss, Nic Davies-Cooke, Natalie Dillenbeck, Chloe Fadl, Sidra Khan, Lauren Marler, Juanita Mullane, Sarah Simon, Min Strauss, Nicola Yee

### Northern NSW

Allan Stace, Jess Collins, Emily Dowsell, Merv Lindsay, Jon Spencer, Kerry Walker

### Southern NSW

Karina Seyffir, Glenn Royall, Robyn Compton

### Malabar Magic Committee

Rob Lloyd, Mark McCormack, Peter Appleyard, Riya Das, Eddie Moore, Anna Torok, Emily Waddington, Randy Wong



# Member stories

**MORE STORIES** [myrainbowclub.org.au/  
member-stories](https://myrainbowclub.org.au/member-stories)

With over 1500 members, each Rainbow Club member has an original story to share. Here are a few from 2021/22:

## Kenton is an inspiration

Kenton began swimming as a member of Maroubra Rainbow Club in 2018. Right away, Kenton developed a close bond with his Teacher Arthur who he describes as “always the coolest bruh in the room”. Julia, Kenton’s mum says “During their lessons together, it is amazing how many stories of brotherhood and pearls of wisdom transpired in the pool in those 30 minutes’. Kenton’s anecdote is ‘what goes on in the pool stays in the pool’... let’s just say Arthur has had a full life!”



Arthur inspired Kenton to push himself further, and Arthur’s answer to a seemingly impossible task is always “that’s alright, you can do it”. This was always said with a cheeky smile and a twinkle in his eye. This motivation and their close bond helped Kenton to achieve his goal and graduate from Rainbow Club’s Swim the Rainbow program.

Kenton is now in year 10 and has never forgotten Arthur and the positive impact Rainbow Club has had on his life. Kenton approached Rainbow Club looking to be an In Pool Volunteer. He wanted to be a part of Rainbow Club again to give back to the community and help others have a similar experience to his. Kenton has gone on to join our Train to Teach program and is now a qualified Swim Teach with Bondi Rainbow Club. Kenton is a great success story and an example for all Rainbow Club members of what can come after graduating from our Swim the Rainbow program.

## Meet Frankie

Seven year old Francesca aka ‘Frankie’ has been swimming at Cronulla/ Miranda Rainbow Club for three years. She attends Kirrawee Public School in a support unit, and several of her classmates are also at Rainbow Club.



Kym, Frankie’s mother, says “Frankie always seemed to be having way too much fun in the pool and hadn’t really wanted to swim. But this year, we think due to a big developmental leap, Frankie is finally swimming! She has the confidence and has now learnt water safety, which gives us great comfort that if she was to ever fall in the pool she would be able to swim to the side and get out of the pool safely”.

“Frankie’s lessons support her body tone, strength and resistance. Plus it’s a wonderful opportunity for her to stay fit and healthy. We are so proud of all her achievements in the pool and know that due to the dedication of her Teacher Georgie, Frankie is now a swimmer”.

## Rachel joins Active Moves



As a preschooler, Rachel learnt to swim at Cronulla with Rainbow Club Founder, Ron Siddons. Rachel has now joined Active Moves and loves attending every week. Rachel’s mother says “She has made new friends and reconnected with some old ones. Rachel doesn’t realise all the fun in the water is also doing her the world of good. It develops her confidence and gives her the benefits of therapeutic movement and exercise each week”.

Swim the Rainbow is a unique program that personalises learning to swim for children with a disability. It provides social opportunities and recognises progress as a child moves through the colours of the rainbow. As they achieve their goals it supports them in the transition to squads and mainstream aqua activities.

### Red

## Water Confidence

- 1 Safe entry
- 2 Monkeys
- 3 Get face wet
- 4 Floating on back, assisted
- 5 Leg movement
- 6 Assisted fall-in-and-save technique (humpty dumpty)

### Orange

## Safety Basics

- 1 Submerging face
- 2 Floating on front and back, assisted
- 3 Dog paddle, assisted
- 4 Treading water, assisted
- 5 Kicking with board

### Yellow

## Resistance and Buoyancy


- 1 Takes instructions
- 2 Independent recovery and control
- 3 Floating on back, front and flip
- 4 Submerging and bubbles, assisted
- 5 Sculling, assisted
- 6 Confident vertical and horizontal

 The Lead Teacher decides when a child can safely transition to the next colour

### Green

## Towards Independence


- 1 Interaction with other children
- 2 Confident body control in and under water
- 3 Independent floating
- 4 Backstroke survival skills
- 5 Independent streamlines
- 6 Independent kicking

 Shared lessons are introduced (session times may change)

### Blue

## Transition to Swim Strokes

- 1 Sustained flutter kicking 5m (front and back)
- 2 Sustained streamlines 5m
- 3 Freestyle arms
- 4 Breaststroke arms
- 5 Backstroke arms

 Learning becomes swim training as the children transition to Squads

### Indigo

## Introduction to Squads

- 1 Side breathing with arms
- 2 Breaststroke kick
- 3 Freestyle 15m
- 4 Backstroke 15m
- 5 Breaststroke 15m
- 6 Survival backstroke

### Squads

### Violet

## Swim the Rainbow!

- 1 Side stroke
- 2 Dolphin kicking
- 3 Butterfly 15m
- 4 Freestyle 25m+
- 5 Backstroke 25m+
- 6 Breaststroke 25m+



Deductible gift recipient status



Vouchers accepted



Registered NDIS Provider

NDIS Reports available on request

### Swim the Rainbow 2.0

### WHAT'S NEW

## rainbow edge

### Qualified Teachers

Specialised training and support for Swim the Rainbow Teachers

### Occupational Therapists

Inform the program and support teachers with learning techniques



### Visual Aids

Help children develop their skills and reach their goals

### Certificates

To recognise progress and participation



### Social Participation

Play together sessions and community events