

Making Aquatics a Terrific Experience™ (MATE)

Welcome to AUSTSWIM

AUSTSWIM the Australasian Council for the Teaching of Swimming and Water Safety is Australia's national organisation for the teaching of swimming and water safety™. AUSTSWIM has developed quality aquatic education programs for those wishing to enter the aquatic industry as a teacher of swimming and water safety™.

The AUSTSWIM accreditation is the industry standard for swimming and water safety teachers™ and is delivered and recognised in each state and territory of Australia and many countries overseas.

AUSTSWIM is now excited to introduce Making Aquatics a Terrific Experience (MATE), an innovative and interactive community seminar aimed at optimising health and wellness opportunities for people with medical conditions and/or disabilities.

What is the MATE seminar?

The MATE seminar provides participants with the information, skills and confidence to take a person with a medical condition and/or disability to the pool for recreation activities.

The MATE seminar is not about swimming strokes; it is a guide to encouraging and facilitating physical activity in an aquatic environment for people who do not always have the opportunity to participate in aquatic activity.

Who can attend?

FAMILY MEMBER

- Parents
- Partners
- Friends
- Siblings
- Cousins

SUPPORT PERSON OR CARER

- Carer
- Personal Attendant
- Disability Leader
- Allied Health Professional
- Team Leader
- Personal Trainer
- Lifeguards



As a carer or support person, you might accompany any of the following MATEs to the pool, your:

- child
- parent
- partner
- sibling
- neighbour
- friend; or
- a member of your extended family
- a client

Your MATE may be:

- a confident swimmer
- a non-swimmer
- dependent on one person while in the pool
- dependent on two people while in the pool
- independent in movement; or
- wish to participate in aquatic activity for recreation or fitness
- wish to participate in swimming or floating activity

We aim to make access to aquatics easier for all our MATEs



MATE

The MATE seminar offers:

- Comprehensive notes
- Real life scenarios depicting examples of frustrations to success!
- Simulation exercises – what your body does in the water
- Aquatic activities to use in an inclusive setting
- Networking opportunities with like minded people

Why is aquatic activity beneficial?

- Promotes sense of well being
- Maximises body function and independence
- Improves mood and increases self-esteem
- Endorses water safety principles
- Provides fitness opportunities for you and your MATE

How to Enrol:

The MATE seminar is held on a regular basis in metropolitan and regional areas. For more information visit www.austswim.com.au or contact your AUSTSWIM Business Centre in your state or territory on 1300 885 666

Alternatively, if you would like to host a MATE seminar for your facility, swim school or organisation please contact your local AUSTSWIM Business Centre to find out how.



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Proudly supported by:



Australian Government

For more information, visit www.austswim.com.au or contact AUSTSWIM in your state or territory by calling 1300 885 666



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