



MEDIA RELEASE

RE: A life-time affair with water

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AUSTSWIM LIMITED

The Australasian Council for the Teaching
of Swimming and Water Safety
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A life-time affair with water

Lesley Pearce describes herself as “reasonably geriatric”, but her involvement in aquatic activity in the small SA town of Lameroo belies that assessment.

Since completing the AUSTSWIM Teacher of Swimming and Water Safety course in 2010 when she was 65 Lesley has been a key member of the Lameroo swim school, looking after classes at each end of the age spectrum – four and five year olds on one hand and older adults on the other.

Although aquatics has always been part of her life – Lesley’s mother was a lifeguard at a pool in England and swimming was a daily activity for the family – it was about six years ago that she answered the call for people to get their teaching accreditation so the local swim school would not fold.

Thanks to the work of former world life saving champion Rebecca Cracks and other potential teachers who came forward, Lameroo (population 843) now has a bronze level AUSTSWIM recognised swim centre.

Lesley was already working at the pool running the canteen and doing rosters, but over the next couple of years she completed the AUSTSWIM Teacher of Swimming and Water Safety course and began working with four and five year olds who couldn’t swim, and in many cases were terrified of water.

She also completed her Teacher of Aquatics: Access and Inclusion qualification to enable her to work one-on-one with those children who needed extra help.

Lesley gets in to the water for her classes and “with lots of splashing around and fun” helps the young non-swimmers to a stage where they are confident and can go on to learn competitive strokes.

She is also a qualified WETS Aqua Instructor and runs five aqua aerobics classes each week, mainly for older females.

“I’m enormously proud of what I’ve done with the aqua classes,” Lesley said.

“I’ve got people who wouldn’t normally go near water to regularly come to the classes. It’s given them confidence in the water; it’s good exercise; they get in there and really enjoy it. Water is such a wonderful environment.”

Lesley said she loved aqua aerobics and was also running a weekly class at a local day centre for elderly residents. She is planning to expand her qualifications and become an aqua presenter.

Although Lesley has bags of confidence – “I used to run Girl Guide units, I’ve taught dancing and I do a bit of public speaking” – the AUSTSWIM training has reinforced her confidence that she is doing the right thing in regards to teaching water safety and aquatic activity.

And she is a great advocate for getting out there and having a go.



“I’m 70 this year and I’m not skinny. People think (to be a swimming and water safety teacher) you have to be a size 10 and look like a model, but that’s not the case at all. You just have to be prepared to get out there, have a go and do the best you can. You don’t know that you can do until you try.”

AUSTSWIM, the Australian Council for Teaching Swimming and Water Safety, trains, accredits and licenses 10,000 aquatics teachers a year.

Competent and professional, AUSTSWIM teachers deliver lessons based on safe water practice to thousands of children and adults in all states of Australia.

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