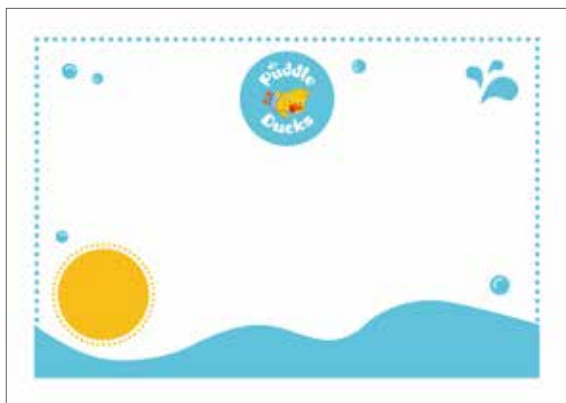


Canva Templates

01 Aquanatal



02 A4 Printable Certificates



03 Benefits of swimming



Swimming Benefits
HEART & LUNGS #1

Swimming works your child's heart & lungs. This trains the body to use oxygen more efficiently, which is generally reflected in declines in the resting heart rate & breathing rate.



Swimming Benefits
HEART & LUNGS #2

When they are swimming, the working muscles of their arms, legs and core are demanding additional oxygen, and this makes their heart pump faster. As a result of regular swimming exercise, their heart will become stronger and able to pump more blood with each contraction.



Swimming Benefits
HEART & LUNGS #3

Your child's lungs adapt by learning to absorb more oxygen - and the muscles in their diaphragm & ribs that control their breathing become stronger too.



Swimming Benefits
THE BRAIN #1

Swimming feels nice to the body and mind, instantly lifting our mood.



Swimming Benefits
THE BRAIN #2

Little swimmers benefit from new relationships that are formed by being a member of a pool, swim class or swim team.



Swimming Benefits
THE BRAIN #3

Learning to respond to key words can make your child sharper mentally, increase levels of awareness & understanding and improve communication between you.



Swimming Benefits
THE BRAIN #4

Swimming facilitates development of crucial higher brain functions, core muscles and co-ordination often seeing earlier development than non-swimming peers.



Swimming Benefits
CORE MUSCLES

It would be quicker to list the muscles your little one won't work by swimming! The constant pulling and pushing of and against water builds great muscle endurance and work capacity in the following muscles in particular: shoulders, back, abs, lats, legs, and triceps.



Swimming Benefits
Why we don't use armbands

We teach our Puddle Ducks to swim beautifully. Technique is improved at every level and waterfowl animals懂得 this. Your child will learn to swim on the surface of the water, gracefully and efficiently. If they wear armbands, they will not be aligned in the water. Their top half will be bobbing above the water, forcing their bottom half to dip down, making the alignment required for independent swimming all but impossible.



Cold Weather & Preventing Ear Infections

It's the ear water, a bacteria and viruses getting working into the eardrum which can cause an ear infection.

There are three ways to prevent this: 1. Use earplugs 2. Use ear drops 3. Use ear wax softeners

Swimming cannot cause an ear infection. However, it can be a trigger for an ear infection.

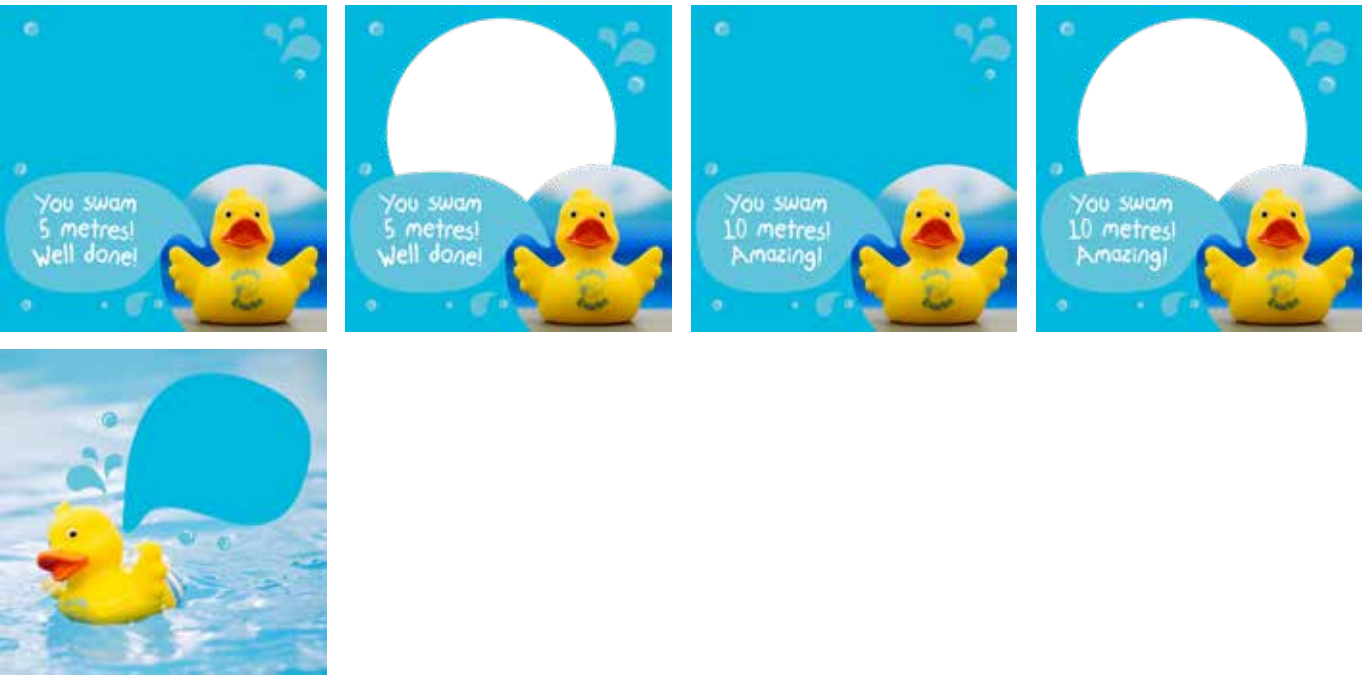
There are three ways to prevent this: 1. Use earplugs 2. Use ear drops 3. Use ear wax softeners

For infections are not a threat. But they can be a nuisance. So it's best to prevent them.

04 Birthdays



05 BPS Distance Awards



06 BPS Star Icons



07 Charity PJ Week - Children's Hospital Pyjamas

[illegible][illegible]

08 Charity PJ Week

[illegible]

08 Charity PJ Week



09 Pyjama Week



10 Christmas - More templates coming soon



11 Clocks Go Back/Forward



12 Generic A4 Posters



13 Halloween



14 Meet the Team



14 Meet the Team



15 The Perfect IntroDUCKtion Assets



15 The Perfect IntroDUCKtion Assets



16 Programme Levels



16 Programme Levels



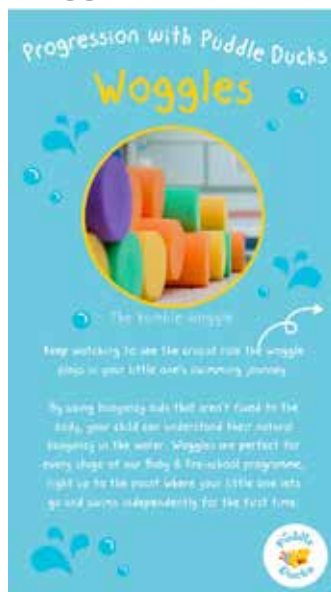
17 Progressions

Brilliant Bodies - Stories (mp4)

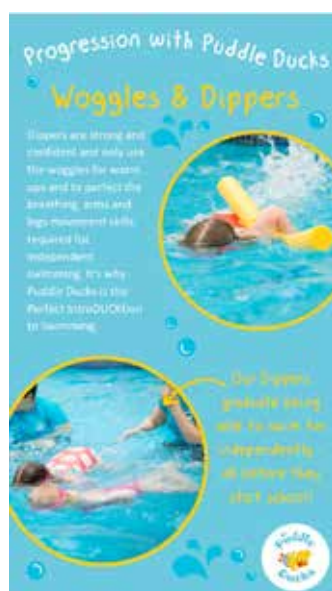


17 Progressions

Woggles - Stories (mp4)



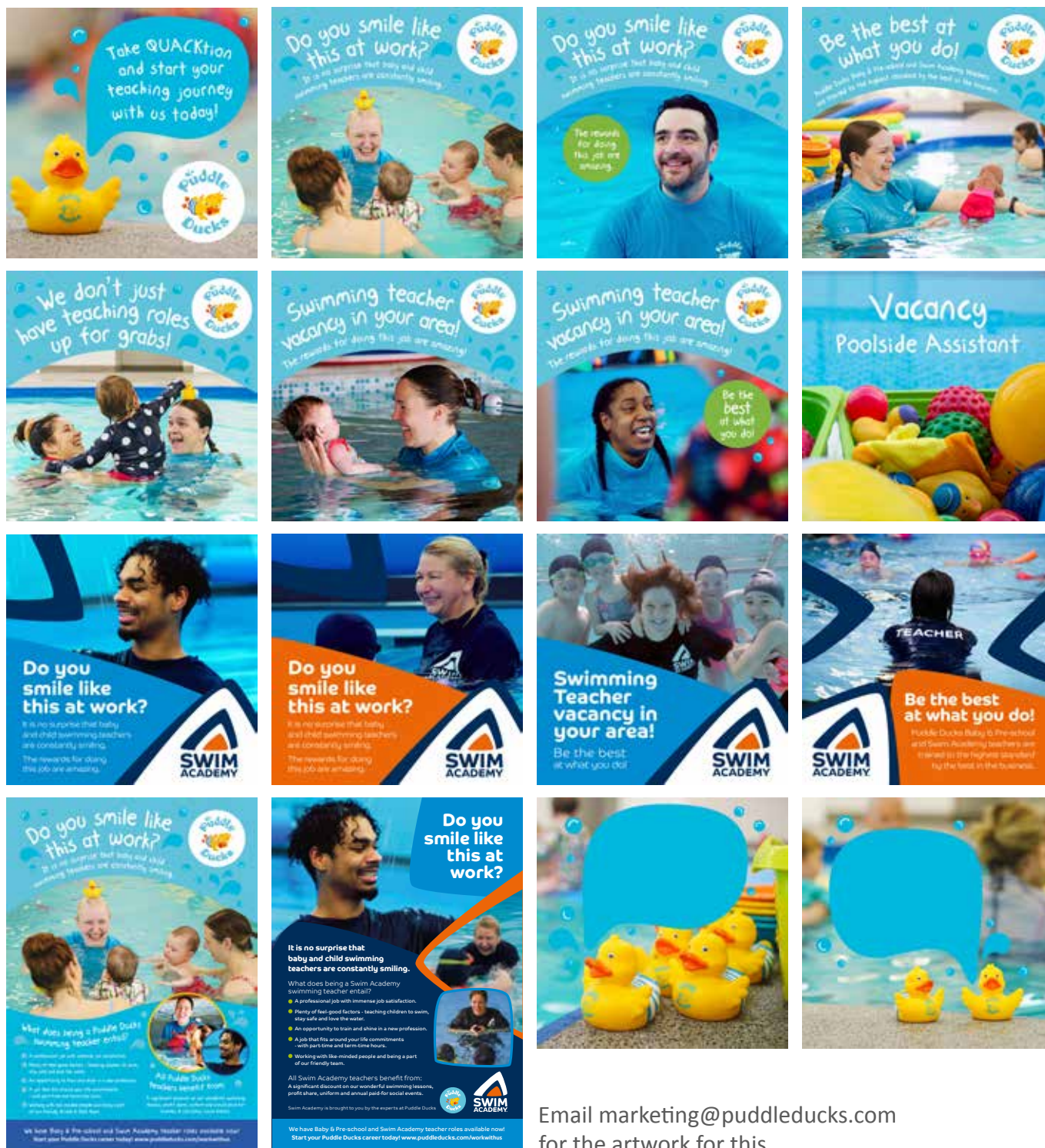
Woggles - Images (png)



18 Recommend A Friend



19 Recruitment



Email marketing@puddleducks.com for the artwork for this.

20 Retail



Lots of product images in this folder and a couple of Christmas related items. All will be reviewed soon and updated.

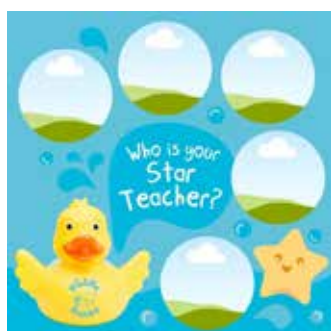
21 SA Distance Awards



SA Star Icons



23 Star Teacher Award



23 Star Teacher Award



24 Swim Academy



24 Swim Academy



25 Water Safety

