

Swimming for all Abilities @ Mambourin

There are approximately 50 swimmers from Sunshine, Braybrook, Allara and Altona, taught by Liz. There are 9 swimmers from Sunshine Site.

Liz is a qualified swimming instructor working for Mambourin and is registered to teach and assess the trainees for the Royal Lifesaving Bronze Medallion. Liz is using the Halliwick method, which is a 10 step process for people with high needs. There is also the opportunity for service users to learn to swim following the VICSWIM program. The swimmers are assessed and their achievements are acknowledged.



Ashley, Andrew P, James, Shane and Trent from our Sunshine site are learning the theory and practical of the Royal Life Saving Bronze Medallion, learning how to use a PFD (personal flotation device) correctly, water safety, and hoping to achieve the CPR (cardio pulmonary resuscitation) components of the course.

Comments by our swimmers:

Trent: 'I like swimming, swimming is fun'

Chris: 'I like doing back stroke, it's fun and I like doing belly flops, it's fun'

Salih: 'I love swimming backwards and freestyle'

Andrew R: 'I can blow bubbles and put my face in the water'

David: 'I like kicking in the water'

James: 'I like strokes, butterfly, trying to improve my time and our swimming song'

Andrew P: 'I like freestyle, butterfly and backstroke'

Shane: 'I'm learning how to swim and kick in the water properly and I like breaststroke'

Ashley: 'I like swimming and keep training, to try to get a spot in Special Olympics'

Swimming and Aquatic Regional Games

Mambourin is affiliated with the Western Group of Special Olympics Victoria. Special Olympics offers a pathway for people with disabilities to be involved in and compete in a number of sports and everyone has the opportunity to achieve, and to experience personal success regardless of their level of ability.

Trent, Ashley, David and James from Sunshine with more swimmers from other Mambourin sites, are meeting at the Laverton pool every 2nd and 4th Sunday of the month at 10am - 12pm, to train and improve their swimming times. The swimmers are being coached by Liz and Irene (from the Altona site), who support them voluntarily on those days. Their aim is to earn a spot in the World Games, which are held every 4 years.

In the time being, our swimmers are training regularly and they will experience their first competitions, entering the Aquatic Regional Games held at Bulleen and Ballarat. Everyone's effort and achievement will be acknowledged with a ribbon or a medal.

"Let me win, but if I cannot win, let me be brave in the attempt"

(Athlete's oath)

By the Sunshine swimming crew