# A Swimming Lesson at Mill Park Leisure Social Story

**Updated November 2022**

**Version 2.0**

**City of Whittlesea**

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## Guidelines

**Thank you for choosing to use a Social Story written for Mill Park Leisure. This Social Story is written by Access Ability Australia and is suited for a person who may live with autism spectrum disorder, a Language Disorder, Social Communication Difficulties and/or a Cognitive Delay/Disability.**

**For your Social Story to be successful, we recommend you follow these guidelines.**

**• Read Social Story often and preferably 2 weeks in advance of visit.**

**• Social Story to be read and shared in an environment free of distractions.**

**• Be calm, comfortable and honest when reading a Social Story.**

**• Help the participant comprehend key points and consistently monitor for level of understanding.**

**• Once the visit has taken place, revisit the Social Story to celebrate success.**

**Acknowledgements**

## We recognise the rich Aboriginal heritage of this

## country and acknowledge the Wurundjeri Willun

## Clan and the Taungurung People as the traditional

## owners of lands within the City of Whittlesea.

## Contact

**Mill Park Leisure**

**T: 03 8432 7600**

**Address 33 Morang Drive, Mill Park, VIC, 3082**

**Email: mpl@activewhittlesea.com.au**

**Website: millparkleisure.com.au/**

**City of Whittlesea**

**T: 03 9217 2170 (general information)**

**TTY: 133 677 (ask for 03 9217 2170)**

**Postal address**

**Locked Bag 1, Bundoora MDC VIC 3083**

**E: info@whittlesea.vic.gov.au**

**Address**

**25 Ferres Boulevard**

**South Morang VIC 3752**

**www.whittlesea.vic.gov.au**

**Free telephone interpreter service 131 450**

**Whittlesea 2040 - a place for all.**

## Author Information

**Access Ability Australia**

**Who is Access Ability Australia? The founders and developers of Access Keys.**

**They also develop visual Communication Boards and deliver Communication Access and Awareness Training.**

**To learn more, visit www.accessabilityaustralia.com.**

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## Social Story

**I am going to Mill Park Leisure for a swimming lesson.**

**In my swimming bag there will be a towel, bathers and goggles.**

**My bag might also have sunscreen, a hat and earplugs.**

**When we arrive, I will see people at reception who work at the centre.**

**They are called staff.**

**A staff member may give me a coloured band to put on my wrist.**

**Then, staff will open the gate for us to go through.**

**My swimming lesson will take place in the pool hall.**

**The pool hall has swimming pools, change rooms and play equipment.**

**I might see other people swimming and playing in the pools.**

**I might see lifeguards wearing a bright yellow and red uniform.**

**Lifeguards help make sure that everybody is safe in the pools.**

**The changing area is used to get dressed before swimming.**

**There is also a toilet in the change area.**

**It is important to walk in the pool area. Not run.**

**Walking will help to keep me safe.**

**I might hear other children playing.**

**That is okay because they are having fun.**

**I will try to wait patiently for my lesson to start.**

**My teacher will be wearing a black rash vest.**

**My teacher will say hello.**

**My teacher will tell me when it is time to start the lesson.**

**My teacher will show me how to enter the pool safely.**

**I will try to follow my teacher's instructions.**

**My teacher will help me to learn new skills.**

**I might practice kicking, floating and putting my face in the water.**

**I might also practice treading water, swimming strokes, diving and using pool toys.**

**I will try to have my ears above the water and listen to my teacher when they are talking.**

**This will make it easier for me to hear my teacher's instructions.**

**I will try to wait my turn during the activities.**

**Waiting my turn is a fair thing to do.**

**I will try keep my hands and legs still and keep my head above the water while waiting my turn to do an activity.**

**Sometimes I might feel like there are a lot of people at the swimming pool.**

**Sometimes it might sound loud because people are excited.**

**That is okay.**

**I can wear my ear plugs to help me with the noise.**

**I might take a break and sit with my trusted adult for a few minutes.**

**I can take some deep breaths.**

**We might play a game at the end of the swimming lesson.**

**My swimming teacher will tell me when the lesson is finished.**

**When my swimming lesson is finished, I will walk to my trusted adult.**

**I can use the change room to get dry and dressed.**

**I can choose to have a shower in the change room.**

**Or I can choose to put on my clothes and have a shower at home.**

**Swimming lessons are fun!**

**The End.**