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**IN THE SWIM:** Swim Instructor Julia Ham with four-year-old Paris Lidis at Hampton Swim School.

## Julia shares water wisdom

**MORNINGSIDE'S** Julia Ham has a passion for the water.

Given she is a former Australian swimmer competing in the 1997 Pan Pacs, 1999 World University Games and 2001 World Championships and Goodwill Games, it is easy to understand why.

But Julia also has a greater passion – teaching children how to swim, and educating parents on

the many reasons why swimming is important to their child.

Latest figures show 32 young children under the age of four died in preventable drownings in the past year, almost 60 per cent in swimming pools. And with the temperatures climbing, the risk factor is going to increase as families start heading to the water to cool off.

From next week, Julia

will be writing a regular water safety column for the *South-East Advertiser*.

She is a qualified teacher of swimming and water safety, teacher of infants and toddlers and bronze licence coach. She also runs the successful Hampton Swim School at Morningside.

Don't miss the first of her columns on child supervision in next week's edition.