

## || NOTIFICATION OF ILLNESS/ADDRESS CHANGE

- ▶ If your swimmer has an illness or medical problem you think we should know about please inform us ASAP. These medical details are printed onto the instructor rolls, therefore instructors can take adequate precautions if needed.
- ▶ To keep our database up to date and our mailout accurate every session, please inform reception staff of any address or phone number changes.

## || CREDIT/REFUND POLICY

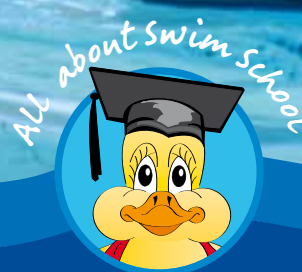
- ▶ Cancellation of lessons (Credit/Refund) – 25% cancellation fee will be incurred off lessons remaining. Refunds will be granted for major illness or injury that results in 5 or more weeks of missed lessons. All refunds/credits must be requested in writing. No credits/refunds will be granted if there are less than 5 lessons remaining for that session. Refunds and credits are calculated from the date the swim school is notified of cancellation.
- ▶ Carlie Squads – Refunds can be granted if your swimmer is assessed to be promoted to squads and if there are 5 or more weeks left in the session. Otherwise, less than 5 weeks no refund will be given.

## || RE-ENROLMENTS/NEW ENROLMENTS

You have two options when re-enrolling:

1. Full Payment for the session (10 or 15 / 16 week sessions).
2. If you do not wish to pay in full a non-refundable \$10.00 holding fee can be paid, this is not deducted off your fees. Full payment is required on the 1st week of your lesson. This applies to re-enrolment only.

Bookings can be made by phone or email with a credit card or in person. No bookings will be held without payment.



## || OUR PROGRAM

Welcome to Ryde Aquatic Leisure Centre Swim School. Our program runs three sessions per year. Our Swim School consists of a variety of levels catering from six months to adults. Each swimmer will progress through the levels by achieving specific skills per level.

Assessments to move up to the next level are conducted by the supervisor on deck. Once informed of a promotion each parent/guardian must see reception staff to move your swimmer to an appropriate level. A certificate will be awarded to the swimmer when being promoted.

Every lesson incorporates elements of water safety, we follow guidelines from the Royal Life Saving Society.

## || INSTRUCTORS

All instructors are Austswim and CPR qualified. Maintaining consistency is a priority, we realise this is very important to a child's development of swimming skills. We cannot guarantee instructors as unforeseen circumstances can cause changes to the instructor availability.

## || SWIM SCHOOL ENTRY

The Swim School membership provides entry for the swimmer and two non-swimming parent/guardian(s) to enter the centre within one hour of your lesson time. If entering before the one hour period, pool entry must be paid for each person. Additional children or adults need to pay normal entry prices. Children 4 years and under are FREE.

**IF CHILDREN ARE SWIMMING OUTSIDE OF THEIR LESSON PLEASE REMEMBER THAT ALL CHILDREN UNDER THE AGE OF SIX MUST BE ACTIVELY SUPERVISED AND KEPT WITHIN ARMS REACH AT ALL TIMES.**

All Swim School cards must be scanned at the turnstile before entry by the swimmer, when the scanner beeps the turnstile will open for entry.

## || DUTY OF CARE

A responsible adult must remain in close proximity to the lesson area during the child's swimming lesson. In swimming lessons our instructors "Duty of Care" does not begin until your swimmer is placed into their class and ends when the lesson has been completed.

Swimmers are not to go under lane ropes to enter or leave their class, they must wait on the side of the pool for instruction. At the end of the lesson each swimmer will not be dismissed unless a parent is present.

Program Pool and ramp area is STRICTLY CLOSED during swimming lessons. These areas are not open to the public, therefore are unsupervised by lifeguards in Swim School times.

*Thank you for being part of Ryde Aquatic Leisure Centre Swim School. Your participation is appreciated and to improve our Swim School feedback is essential.*



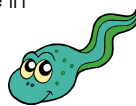


Our Swim School consists of Infant, Preschool, School Age, Adolescent, Adult and Private classes.

### Infants (6 months – 3 Years)

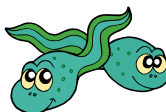
#### › Aqua Taddies One (6 Months – 1 Year)

This is a chance for parents or guardians to share in the joy of your child's first aquatic experience. The class involves interaction between baby, parent and instructor. Class Ratio – 1 instructor: 8 children.



#### › Aqua Taddies Two (1-2 Years)

This water familiarisation class is designed to introduce you and your child to moving in the water, floating and submerging, with a strong emphasis on safety whilst having fun through water exploration. Class Ratio – 1 instructor: 8 children.



#### › Minnows (2-3 Years)

This class is designed as a transition to the next stage of aquatic development. As the child's water confidence and ability grows, the parent may no longer be needed in the water. Class Ratio – 1 instructor: 4 children.



**ALL INFANT CLASSES ARE CONDUCTED IN THE PROGRAM POOL AT A TEMPERATURE OF APPROXIMATELY 32 DEGREES. CLASSES ARE OF 30-MINUTE DURATION.**

### Preschool (3-5 Years)

#### › Jelly Blubber (Program Pool)

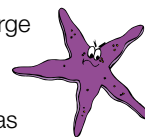
This level is for children who are not confident to submerge in both deep and shallow water. This level develops basic water familiarisation skills, buoyancy, breath control and mobility. Class Ratio – 1 instructor: 4 children.



### Preschool (3-5 Years) – continued

#### › Starfish (Program Pool)

This level is for children who are confident to submerge and have breath control. These skills will be built upon plus body position and propulsion will be developed. Children will further develop these skills as well as the introduction of torpedo's and paddling skills. Class Ratio – 1 instructor: 4 children.



#### › Crab (Leisure Pool)

This class is concentrating on stroke co-ordination in freestyle and backstroke. Students will increase confidence in deep water and be introduced to basic diving skills. Class Ratio – 1 instructor: 4 children.



**PRESCHOOL PARENTS PLEASE INFORM SWIM SCHOOL AT END OF SESSION 3 IF YOUR CHILD IS GOING TO SCHOOL, THEY WILL NEED TO CHANGE TO SCHOOL AGE LEVELS FOR SESSION 1.**

### School Age (5-14 Years)

#### › Jellyfish (Program Pool)

This level is for beginner school age children. Develops children's confidence and awareness of the water environment, how their body reacts and how to control their body both on and under the water. Class Ratio – 1 instructor: 4 children.



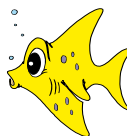
#### › Seahorse (Leisure Pool)

Children in this level are confident on and under the water. They have good buoyancy and breath control. They will now develop freestyle and back kicking while developing confidence in the Leisure Pool. Class Ratio – 1 instructor: 4 children.



#### › Angel Fish (Leisure Pool)

This level concentrates on freestyle and backstroke with an emphasis on bilateral breathing and backstroke arms. Class Ratios – 1 instructor: 4 children.



#### › Redfin (Leisure Pool)

At this level your child can perform basic freestyle and backstroke. They will further develop these skills as well as learning breaststroke kick, dolphin kick and kneeling dives. Class Ratio – 1 instructor: 4 children.



### School Age (5-14 Years) – continued

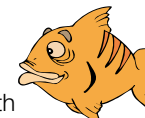
#### › Rainbow Trout (Leisure Pool)

This level child can swim freestyle with side breathing and backstroke with good co-ordination. They will also continue to develop breaststroke and butterfly. Lifesaving backstroke is also taught and is an essential survival skill. Class Ratio – 1 instructor: 6 children.



#### › Snapper (Leisure Pool)

This level child can swim 25 metres of freestyle with bilateral breathing, backstroke with good coordination, lifesaving backstroke, breaststroke with good timing, dolphin kick and butterfly arms. All strokes are refined and butterfly breathing and timing is developed. Class Ratio – 1 instructor: 6 children.



#### › Barramundi (Competition Pool) – 45 minutes

Child can swim 50 metres with good co-ordination for freestyle, backstroke, breaststroke, side stroke and butterfly (25m). Tumble turn, crouch dives are developed in preparation for squads. Class Ratio – 1 instructor: 8 children.



### Adolescent Classes (10-14 years)

#### › Beginner (Leisure Pool)

This level incorporates water confidence, floating, submerging, freestyle, backstroke and safety skills. Class Ratio – 1 instructor: 4 adolescents.

#### › Intermediate (Competition Pool)

Adolescent who can swim 25m, needing stroke correction and/or needs to improve fitness level. Class Ratio – 1 instructor: 6 adolescents.

### Adult Lessons

#### › Beginner (Leisure Pool)

This level provides water confidence, floating, submerging, safety skills and basic strokes. Class Ratio – 1 instructor: 6 adults.

#### › Intermediate (Competition Pool)

This level provides stroke correction, breathing techniques and endurance. For adults who can swim 25m. Class Ratio – 1 instructor: 8 adults.



RYDE AQUATIC LEISURE CENTRE  
SWIM SCHOOL



### WHAT TO BRING

Learn to Swim member card (if lost a replacement fee of \$2.00 is charged), swimming goggles (optional), swim cap is recommended, hair band, towel and costume. In INFANT classes parents are requested to wear a rash shirt or T-shirt to the class for teaching purposes. Babies must wear Aqua Nappies or disposable swimming nappies. NO cloth nappies.

### PRIOR TO LESSONS

It is recommended NOT to swim prior to your child's lesson as children tire easily and are not achieving the benefits out of their lesson. It is advised not to eat ONE hour before your lesson.

### MISSED LESSONS

Make-up lessons are not granted at RALC. In the event of illness a doctor's certificate must be supplied and a Complimentary Family Swim Pass will be provided (valid for 3 months). If you are missing 5 or more weeks for illness/injury, please contact Swim School with your doctor's certificate and appropriate action will be taken. Complimentary Family Swim Passes are not provided for missed lessons.

### WATER SAFETY WEEK

Water Safety week occurs the second last week of every session. Each session has a theme (eg. pyjama party) and swimmers are to dress in old clothing, which can be worn in the water. Each class will be informed of the date in advance. All swimmers will learn and practice water safety, survival techniques and skills.

### INFORMATION BOARD

You will find a whiteboard located in the foyer on the wall by the merchandise area. This board shows staff changes, upcoming events, re-enrolment information and holiday program dates.

### HOLIDAY INTENSIVE SWIMMING PROGRAM

The Holiday Intensive Swimming Program (conducted in school holidays) is an excellent introduction to swimming or to increase children's skills over consecutive days. Bookings can be made five weeks prior to the commencement date.