

# OUR LEARN TO SWIM RULES

## Attendance

All Learn to Swim attendance must be recorded on arrival. To avoid disruption to the lesson for all class participants, students must arrive on time.

## Absence

**No refund or makeup session for cancellations or failure to attend.**

A credit will be provided for sessions cancelled by the Swim Centre due to unforeseen circumstances e.g. weather conditions or if a medical certificate is provided by the customer.

## Supervision

All students attending programs should be accompanied by a supervising adult.

Children under the age of 10 years will not be allowed to enter the Swim Centre unless under the supervision of a person 16 years and over.

## Respect

To provide a safe and nurturing learning environment, we ask parents and students to treat all staff and patrons with the utmost of respect. Aggression towards staff or patrons will not be tolerated and may result in removal from the Swim Centre.

Students must pay attention during their lesson.

The instructor may sit your child out if they are continuously disruptive, to prevent disruption to other class participants.

To assist in the prevention of pool contamination and Swim Centre closures, children under four, toilet trained or not, must wear a swim nappy or entry to the class will not be permitted.

## Lesson swimwear and equipment

- ✓ goggles
- ✓ tight fitting swimmer for girls
- ✓ speedo style pants for boys
- ✓ a tight fitting rash shirt (optional)

## If your child is sick

If your child has experienced the following symptoms in the last 24 hours, please keep your child at home.

- ✓ diarrhoea
- ✓ fever
- ✓ vomiting

A child with an open wound, bleeding or conjunctivitis **will not** be admitted to the Squad session.

## PROFESSIONAL

All Lake Mac Swim Centre facilities have AUSTSWIM or equivalent accredited teachers to deliver our Learn to Swim program.


## NURTURING

Class ratios are within the recommended guidelines and your child will participate in classes suitable for their age and aquatic competency.

## BEYOND

After progressing through our Learn to Swim program, your child may continue their swimming in our Squad program.

## FOR MORE INFORMATION AND BOOKINGS

 02 4921 0333

 [swim.lakemac.com.au](http://swim.lakemac.com.au)

# LEARN TO SWIM

Fun and affordable lessons to teach your child a life-long skill

**LAKE  
MACQUARIE  
CITY**

SWIM CENTRES



# Fees

All fees are to be paid before the start of each term.



Learn to Swim	Price
One lesson a week (paid in term blocks)	\$14
Two or more lessons a week - fee per lesson (paid in term blocks)	\$12
15-minute private lesson per person	\$24
30-minute private lesson per per	\$40
School holiday program - fee per lesson (paid in five day block)	\$12
Corporate member - fee per lesson* (paid in term blocks)	\$10

\*Corporate member card must be scanned each session.

## Payment

### Payment can be made via:

- ✔ our customer portal
- ✔ over the phone with a credit card
- ✔ in person at reception 10 minutes prior to the start of your booked lesson.

### Re-enrolments for the next term start in Week 8.

- ✔ A non-refundable deposit of two lessons is required to secure your position.
- ✔ Full payment is required before or on the day of your first booked lesson.









A financial assistance payment plan is available to customers willing but unable to make a full payment due to financial circumstances. Applications must be submitted two weeks prior to the start of term.

## Class timetables

Lessons run for 30 minutes and are held during school terms Monday to Saturday, mornings and afternoons. Class timetables may vary at each centre.

In addition to the class lessons, private lessons and adult lessons are available. An intensive Learn to Swim program is offered during school holidays.

# LEARN TO SWIM CLASSES

		Parent/ Carer required in water	Age guide
 STARFISH	This infant and parent class is a fantastic way for infants to experience the water and commence their learning of valuable, life-long water safety and swimming skills. Instructors provide guidance on ways to hold your child in an aquatic environment and progress through activities that facilitate your child's early aquatic learning in an atmosphere that is fun and stimulating.	Yes	6 months -2 years
 JELLYFISH	Building on techniques developed in the Starfish level, Jellyfish infants will learn to focus on increased independent swimming skills including movement between Parent/Carer and Instructor. Activities to keep the child safe in the water will be taught such as pulling themselves out of the pool.	Yes	2-3 years
 TURTLES	This class allows children to develop water confidence and introduces basic swimming fundamentals such as face submersion and supported propulsion through water. Children are also taught a survival sequence.	Yes	3-5 years
 PENGUINS	Children will continue to refine their safety skills such as entries and exits and retrieving items off the bottom of pool. This class introduces freestyle and children will begin to learn breathing control techniques. Students are introduced to backstroke in the Penguins level.	No	3-5 years
 CROCODILES	Children will develop independent back floating and how to maintain body position during swimming strokes as well as good streamlining technique. Submersion activities and survival sequences will ensure positive aquatic messaging is reinforced. Crocodile classes provide an introduction to diving.	No	5+ years
 SEALS	In this class, children will continue to develop correct body position and breathing skills. Activities include streamlining and kicking, whilst developing the capability to swim freestyle and backstroke over distances of 10 meters. Instructors will also introduce children to treading water and develop diving skills.	No	5+ years
 DOLPHINS	Children will develop endurance in freestyle and backstroke swimming distances of up to 15 metres. In Dolphins swimmers will commence learning breaststroke and butterfly kicks. This class further develops safety and survival skills including treading water endurance and introduces reach rescue techniques.	No	5+ years
 MARLINS	This class refines the strokes of freestyle and backstroke and introduces breaststroke/butterfly arms while continuing development of breaststroke/butterfly kick. Children will increase endurance conditioning and enhance swimming technique over distances of 25 metres for all strokes. Competitive starts, turns and finishes are taught in Marlins. Safety and survival skills are reinforced as children develop techniques and make judgements when performing aquatic rescue scenarios.	No	5+ years