

# 2019 LEARN TO SWIM AND WATER SAFETY PROGRAM



PRESBYTERIAN LADIES COLLEGE AQUATIC CENTRE  
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*PLC Aquatic centre is a member of:* SWIM Australia,  
Lifesaving Victoria, Swimming Australia,  
AUSTSWIM, Swimming Victoria and the Victorian  
Diving Association

## PLC AQUATIC CENTRE

The PLC Aquatic Centre provides quality Swimming and Water Safety lessons for all abilities, from infants to adults, beginners to squad level. Our program encompasses water familiarisation, water safety, survival skills, deep water experience, stroke development with an emphasis on technique, fitness and fun! Lessons are held in the learners' pool (0.5 - 1m depth), in the 25m pool (1.2m - 1.8m depth) and in the dive pool (3.8m deep).

### PLC Aquatic Staff

Our staff are qualified, experienced and committed! They provide the highest standard of teaching and ensure your child's lessons are a positive and enjoyable experience.

### Lesson Times

Class sizes are restricted, however the Aquatic Centre will endeavour to meet each applicants preference and where possible place siblings at the same time. Children must be 3 years of age or over to attend these lessons.

#### Level 1 - 7 (White - Light Blue) 3+ years of age

Monday, Thursday and Friday

3:45 4:15 4:45 5:15 5:45 6:15pm

Wednesday (Royal/Lt Blue) 3:45 4:30 5:15pm

Saturday

8:00 8:30 9:00 9:30 10:00 10:30 11:00am

#### Level 8 (Green Squad)

Monday, Thursday and Friday 3:45 4:30 5:15pm

Wednesday 4pm & 5pm (60min classes)

Saturday 8:00 8:45 9:30 10:15am

#### Babies/Infants / 2-3 Yr Olds - Saturday

Babies (6-18months) 11:30am 12pm 12:30pm

Infants (15-24months) 11:30am 12pm 12:30pm

2 - 3 Year Olds 11:30am 12pm 12:30pm

White (3+ Yrs Olds) 11:30am 12pm 12:30pm

Parent/carers are required to participate in the water during these lessons (optional for white). Whilst in the water all persons must wear a cap.

(Lesson 8 is a bonus or make up lesson for everyone)

## TERM DATES 2019

<u>Term 1</u>	8 Lessons	<u>No Lesson</u>	<u>Make Up</u>
Monday	4 Feb - 1 April	11 March	4 April
Wednesday	6 Feb - 27 Mar		4 April
Thursday	7 Feb - 28 Mar		4 April
Friday	1 Feb - 29 Mar	1 March	4 April
Saturday	2 Feb - 30 Mar	9 Mar	4 April
Carnival Day	Friday 5 April	4-5:30 pm	

<u>Term 2</u>	8 Lessons	<u>No Lesson</u>	<u>Make Up</u>
Monday	29 Apr - 24 June	10 June	27 June
Wednesday	1 May - 19 June		27 June
Thursday	2 May - 20 June		27 June
Friday	26 Apr - 14 June		27 June
Saturday	27 Apr - 22 June	8 June	27 June

<u>Term 3</u>	8 Lessons	<u>No Lesson</u>	<u>Make Up</u>
Monday	15 Jul - 9 Sept	19 Aug	13 Sept
Wednesday	17 Jul - 4 Sept		13 Sept
Thursday	18 Jul - 5 Sept		13 Sept
Friday	19 Jul - 6 Sept		13 Sept
Saturday	20 Jul - 14 Sep	17 Aug	13 Sept

<u>Term 4</u>	8 Lessons	<u>No Lesson</u>	<u>Make Up</u>
Monday	7 Oct - 2 Dec	4 Nov	9 Dec
Wednesday	9 Oct - 27 Nov		9 Dec
Thursday	10 Oct - 28 Nov		9 Dec
Friday	11 Oct - 6 Dec	1 Nov	9 Dec
Saturday	12 Oct - 7 Dec	2 Nov	9 Dec
Carnival Day	Thursday 5 Dec	4-5:30pm	

Applications are sent with re-enrolments for **Carnival Day/ Water Safety Day** and is included and as part of the LTS program.

### AQUATIC PROGRAM FEES

Please refer to New Student application form

### Holiday Swimming, Diving and Synchro\*\* Intensive Programs

January Program 1**	7 - 10 January (4 days)
January Program 2	14 - 17 January (4 days)
January Program 3	21 - 24 January (4 days)

## Learn to Swim Levels

Level 1 - White

Level 2 - Red

Level 3 - Orange

Level 4 - Purple

Level 5 - Pink

Level 6 - Royal Blue

Level 7 - Light Blue Squad

Level 8 - Green Squad

Levels are progressive beginning in L1 with water familiarisation followed by the introduction of all strokes with an emphasis on stroke development and incorporating water safety and survival skills through each level to L8

Light Blue and Green Squads may choose to train twice per week and are encouraged to attend club trial competition nights and in-house carnivals.

### PLC Aquatic Club

Graduates from Level 8(Green) are invited to join the PLC Aquatic club and enter the club at Bronze level. For further information, please refer to the PLC Aquatic Club handout or visit the website, [www.plc.vic.edu.au/ourschool](http://www.plc.vic.edu.au/ourschool)

## IMPORTANT INFORMATION

### Assessment

Stroke, water safety and survival competencies are assessed continuously during the term for each student. In this way students can progress to a new level as soon as they are ready.

### Private Lessons

Bookings must be arrangement and paid for in advance.

**Cost:** One child only per lesson - \$46

Subsequent children booking into the same lesson - \$32

\*\*Lessons cannot be transferred

\*\* Private lesson times are not guaranteed from one term to the next and must be renegotiated at the start of every term.

\*\*Missed lessons cannot be made up as private lessons but may be taken on our makeup day in regular classes. **One** makeup lesson per term applies.

### Certificates and Caps

On initial entry to our program students receive a certificate and PLC Aquatic Centre swim cap, which corresponds to their lesson level. The certificate is to be kept as a record of their achievements and all students must wear their coloured cap during lessons. Upon completion of each level students will receive the following in the mail:

1. A letter of congratulations, including the name and AUSTSWIM number of their instructor which should be added to the back of the certificate.

2. A sticker for the completed level to be place on a bubble on the certificate and

3. A new swim cap for the next level.

### Enrolment

Complete the New Student Application form and return with payment to the Aquatic Centre as soon as possible as these are processed in the order received.

## Make Up Lessons

It is not necessary to contact the Centre should a student miss a lesson. Students who miss a lesson are entitled to **one** make up lesson only per term by **booking a time** on the specified date for that term.

*Special consideration may apply to those who have medical / special circumstances. All such applications must be put in writing with a medical certificate at the earliest time possible.*

### Re-enrolment

1. Re-enrolment forms will be sent to all students from the current and previous year at the end of each term, if they are not already booked in for the following term. PLEASE disregard this form if you are not interested in re-enrolling or advise us if you do not wish to receive any further correspondence.
2. **Current term clients** renewing their application prior to the advertised closing date for each term;
  - a) Will be guaranteed the same day/time, except private classes
  - b) Requesting a change of day/time will then be processed in order of receipt after (a). Following this date, all applications will be processed in the order received. No exceptions.
3. Applicants may start during a term if a place is available at an individual lesson cost of \$26 for the remainder of the term.
4. A child's second lesson per week receives 10% discount
5. All lessons must be paid for in advance.
6. If you have not received confirmation of your booking from us, either by mail or phone, then please contact the Aquatic Centre prior to your requested lesson.

### Change of Lesson Time

A change of lesson time/day must be requested in writing or indicated on the re-enrolment form prior to the start of each term. The requested day/time cannot be guaranteed.

### Transfers, Cancellation or Refunds

Transfers, cancellation or refunds must be requested in writing. An administration fee of \$25 per child will be charged. Transfers of lessons will only apply from one sibling to another. All else will be refunded

Refunds will not be given for missed lessons prior to notification in writing. 2 , 3 term and full year payment refunds will not be at the discounted rate.

### Babies/Infants and 2/3 year Olds

swim on Saturdays. No make up lessons apply.

See the Swim School Coordinator

### Change of Personal Contact Information

Please advise **promptly** of any changes of email, address, telephone numbers or other information.

## GENERAL INFORMATION

**SWIMMING CAPS MUST BE WORN WHILST USING THE AQUATIC CENTRE**

**PARENTS MUST ONLY PARK IN THE PLC SENIOR SCHOOL CAR PARK-Parer St Entry Gate 4**

### Supervision Policy

Children in the Learn to Swim Program, 10 years and under are not permitted entry into the pool unless supervised at all times by a parent or carer sixteen years or older.

### Health Policies

1. If medical symptoms of any gastrointestinal infection are known or suspected, **do not attend lesson.**
2. Use toilet and shower before using the swimming pool.
3. Papilloma/molluscum / warts or other infectious skin conditions must be treated and covered prior to pool entry.

### Change Room Policy

Carers wishing to dress their child over the age of 5 years and of the opposite gender must use the disable change room. At no time are persons over the age of 5 years permitted to enter the change room of the opposite gender. People with disabilities will have priority when using this facility.

**Visual recording equipment may only be used in the aquatic centre with permission from the Centre Manager. \*\* Any item capable of visual recording must not be used in the change room.**



### Tips to ensure a smooth lesson!!

1. Arrive 5 minutes before your child's lesson.
2. Ensure you have bathers, cap and goggles(optional), all named please.
3. Be ready to collect your child at the conclusion of their lesson.
4. Speak to the supervising teacher, on deck or in the office, if you have any questions.

The Aquatic Centre Management reserves the right to deny anyone access to the pool and/or request the removal of anyone from the premises.