

### Term Two 2016

Monday	11 April - Monday 20 June
Tuesday	12 April - Tuesday 21 June
Wednesday	13 April - Wednesday 22 June
Thursday	14 April - Thursday 23 June
Friday	15 April - Friday 24 June
Saturday	16 April - Saturday 25 June
Sunday	17 April - Sunday 26 June



### Why the VU Swim School?

- FREE ASSESSMENT FOR NEW STUDENTS
- AUSTSWIM RECOGNISED SWIM CENTRE
- CLAIM YOUR LESSON PAYMENTS THROUGH PRIVATE HEALTH INSURANCE
- SMALL CLASS SIZES
- MAKE-UP CLASSES
- QUALITY AND EXPERIENCED INSTRUCTORS
- A WIDE RANGE OF CLASSES TO SUIT ALL NEEDS

Price Per Class	Full Fee	Concession/ VU student or staff discount
Infant & Children's LTS	\$16.50	\$15.25
Junior Squad	\$18.40	\$17.35
Adult Beginner	\$28.80	\$27.70
Adult Intermediate	\$28.80	\$27.70

### Centre Contact Details

Mimi Craig Aquatic Programs Supervisor  
Office: Building L, Level 00  
Ph. 9919 4880  
Email: Mimi.Craig@vu.edu.au  
vuaafc@vu.edu.au

VUAFC Reception  
Office: Building L, Level 0  
Ph: 9919 4460

### Swim School Direct Debit Memberships

A level must be determined prior to making a booking. Please arrange a time to see the Aquatic Programs Supervisor by calling 9919 4880 or email Mimi.Craig@vu.edu.au

Alternatively, level criteria can be found on page 6 of the newsletter.

Once a booking is made the booking will be on-going until the student is ready to move up a level or if you need to change the day of the lesson. You will be notified by the instructor once the student is ready to move up a level and will simply need to visit reception to select a new class time. The new class can be attended immediately if available; you do not need to wait for a new term to commence.

### Options for enrolment

- In person at the VU Aquatic and Fitness Centre Reception
- Online at <https://swimschool.vu.edu.au>

Please note- if booking online concession/VU student/staff discount cannot be applied.

### Monthly Direct Debit Payments

Payment will be deducted from your chosen bank account on the 1st business day of each month. The amount deducted will be the sum of the total number of lessons in the month. If your lesson day falls on a public holiday you will not be charged for that lesson. You will not be charged for lessons over school holiday periods.

## Public holidays in 2016

Anzac day	-	Monday 25 April
Queen's Birthday	-	Monday 13 June
AFL Grand Final Eve	-	Friday 30 September
Melbourne Cup	-	Tuesday 1 November

## Access to the pool outside of lesson times

As part of your ongoing direct debit membership, currently enrolled students will have free access to the pool outside of lesson times.

## Access Cards

Please scan your access card upon arrival at reception, this marks attendance and shows us you have an active membership. If you do not have an access card please ask at reception. This card can also be used to scan in outside of normal lesson time.

## Suspension

We do not offer suspensions with Swim School memberships. This is because we are unable to guarantee that the students place will still be available on returning to the VU Swim School. We can cancel your lessons to stop your direct debits, and when you are ready to return, we can work with you to find a suitable class time.

## Cancellation

All cancellations must be in writing and we require 5 working days' notice prior to the end of the month to stop the next month's direct debit. Please speak to reception or the Aquatic Programs Supervisor to request a cancellation form. All direct debit enrolments are on-going until you decide to end them by filling out the cancellation form.



## Make-up classes

Each currently enrolled student is eligible for two complimentary make-up classes per school term.

All make-up classes expire at the end of each term which means you can only be booked within the term that you have missed a lesson. Make-up classes are unable to be carried over to the following term. They can only be booked into existing classes if there is availability within your chosen class.

Makeup classes can be booked from week 3 of term.

If a make-up class is missed, the member forfeits that lesson as they are unable to be cancelled and re-booked.

Make-up classes will only be issued under the following guidelines:

- Swim School office has received 24 hours' notice prior to the lessons commencement.
- Student has not exceeded their maximum of two makeup lessons per term
- Any notice less than 24 hours will only be accepted with current and relevant medical documentation, covering all missed lessons.

## Supervision at the Pool

All children 12 years and under must have a parent or guardian present for the duration of their lesson, if children are staying in the pool before or after their lesson the pool rules state they must be actively supervised by a parent or guardian 16 years and older.



## April School Holiday Program

A five day course of intensive swim lessons for children and beginner adults.

Monday 4 - Friday 8 April 2016

\$94.70 per child

\$132.00 per adult



3:30pm-4:00pm	6mths-2yrs infant class		
4:00PM-4:30PM	2-4yr infant class	4:00PM-4:30PM	LEVEL 1A
4:30PM-5:00PM	LEVEL 2A	4:30PM-5:00PM	LEVEL 1B
5:00PM-5:30PM	LEVEL 2A	5:00PM-5:30PM	LEVEL 2B
5:30PM-6:00PM	LEVEL 1A	5:30PM-6:00PM	LEVEL 3
6:00PM-6:30PM	LEVEL 1B	6:00PM-6:30PM	LEVEL 4
6:30PM-7:30PM	ADULT BEGINNER CLASS	6:30PM-7:15PM	LEVEL 5

### Bookings

Email [vuafc@vu.edu.au](mailto:vuafc@vu.edu.au)

In person at the VU Aquatic and Fitness Centre Reception

Online at <https://swimschool.vu.edu.au>

The KickStart Swimming Program offers swimming lessons for children with specific learning needs and Autism. Classes are structured to meet the individual needs of these children and their families.

KickStart swimming lessons are designed to assist children to develop skills in:

**Water familiarisation:** Becoming comfortable in the pool environment and entering the water in a calm manner.

**Water safety:** Entering the water safely, floating and moving to the edge of the pool.

**Breath control:** Blowing bubbles, closing the mouth in water and turning the head to breathe.

**Swimming skills:** Kicking legs, arm movements, floating and moving through water.

Please contact [Mimi.Craig@vu.edu.au](mailto:Mimi.Craig@vu.edu.au) or call 9919 4880 for further information and applications.

### Certificates

A certificate can be obtained from reception upon completion of a level. Please ask the receptionist for your child's certificate.

## Beach Safety Day - Coming up in Term 4!



VU Sport swimming caps are available at reception for just \$10

## What to bring to your lessons

Infants	Aqua nappy, bathers, a warm top is suggested - Toastees are great! <a href="http://toasteeswetsuits.com.au">http://toasteeswetsuits.com.au</a>
Level 1A-2B	Bathers and goggles
Level 3-5	Bathers, goggles and swimming cap.
Junior Squad	Bathers, goggles and swimming cap. Board shorts, rash tops and extra clothing are discouraged.
Adults	Bathers, goggles and swimming cap.



## Infant Water Familiarisation

Our Infant Aquatic Programs will:  
Allow your child to develop water confidence and familiarisation which will encourage them to enjoy their time in the water.

Provide a space for parent and child bonding, as well as social interaction with other children.

The classes aim to educate yourself as a parent and your child on watery safety and aquatic environments.

The classes will introduce basic aquatic activities with songs, rhymes, games and toys.

The classes aim to promote physical, personal and intellectual development of children.



Play is a vital part of a child's learning process. Play provides infants and children with opportunities to try out exciting new experiences in the aquatic environment.

### **Age Groups**

6 months - 2 years

2 years - 4 years

A parent or guardian is required in the water for the duration of the class.

Please see the timetable on the back of the newsletter for class times.

## Term Two Safety Week

In week 10 of Term Two (Monday 13th of June to Sunday the 19th of June), all swimming lessons will be dedicated to Lifesaving Victoria's Swim and Survive Program.



'Swim and Survive is a National swimming and water safety initiative of Royal Life Saving that seeks to increase swimming and water safety skills of Australian children in order to prevent drowning and increase participation in safe aquatic activity' (Lifesaving Victoria).

We encourage all children to bring along some old clothes to wear in the water during their lesson.

## 18m Pool Inflatable - opening hours over the School Holidays

Friday 1 April 11:00am - 1:00pm

Monday 4 April 11:00am - 1:00pm



### **Cost (Includes pool entry and inflatable entry)**

Swim School members - \$2.00

Children (12 years and under) - \$5.70

VU student - \$6.60

VU staff or concession - \$7.70

Community - \$8.30

Children and adults must be competent swimming in the 2m depth.

The 18m Inflatable obstacle course is available for hire!

During opening hours	Outside of opening hours
1 hour: \$177.00	1 hour: \$207.00
2 hours: \$230.70	2 hours: \$260.60
3 hours: \$283.25	3 hours: \$313.00

## Adult Beginner Swimming Classes



### Option 1: Intensive Lessons

The intensive course is designed for beginner adults with little or no water experience. The intensive tuition allows skills to build and progress quickly.

Cost - \$132 for the 5 day course

#### **Term Two Dates**

<b>4 - 8 April</b>	<b>6:30pm</b>	<b>-</b>	<b>7:30pm</b>
<b>9 - 13 May</b>	<b>7:15am</b>	<b>-</b>	<b>8:15am</b>
<b>6 - 10 June</b>	<b>7:15am</b>	<b>-</b>	<b>8:15am</b>

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### Option 2: Weekly lessons

**Scheduled at the following times:**

Monday	6:30pm	-	7:15pm
Saturday	12:00pm	-	12:45pm

#### Cost

Direct debit monthly payments (once a month for the upcoming month).

Full fee - \$28.80 per class  
Concession/ VU student / Staff - \$27.70 per class

The monthly payment is the sum of the number of lessons within the month.

This payment includes access to the pool outside of the scheduled lesson time.

Once the booking is made it is ongoing until cancellation is made, the booking will not automatically cease at the end of the term. Lessons do not run over school holidays so the lesson fee is not charged during this period.

## Adult Intermediate Stroke Correction Classes

### Option 1: Weekly Lessons

The intermediate class is designed for adults with some swimming experience who want to focus on stroke technique and stamina.

Weekly classes scheduled on:

Monday	7:15pm	-	8:00pm
Thursday	7:15pm	-	8:00pm

#### Cost

Direct debit payments (once a month for the upcoming month).

Full fee - \$28.80 per class

Concession/ VU student or staff - \$27.70 per class

The monthly payment is the sum of the number of lessons within the month.

This payment includes access to the pool outside of the scheduled lesson time.

Once the booking is made it is ongoing until cancellation is made, the booking will not automatically cease at the end of the term.

Lessons do not run over school holidays so the lesson fee is not charged during this period. To cancel, we simply need the cancellation form filled out and handed to reception 5 working days prior to the end of the month.

There is no minimum or maximum period of enrolment.

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**Private lessons** are also available for beginners and stroke correction.

Cost: \$70.70 for the hour

Please note, private lessons cannot be booked for children during the school terms.

### Junior Squad

The VU Junior Squad caters for students who have completed level 5 and wish to continue swimming for fitness. Pathways are available for those who would like to get involved in club/competitive swimming from the Junior Squad.

Session times:

Monday	4:00pm	-	5:00pm
Tuesday	6:30pm	-	7:30pm
Thursday	4:00pm	-	5:00pm
Friday	6:15pm	-	7:15pm

Please contact the Aquatic Programs Supervisor for further information.

Name: Mimi Craig (ph): 9919 4880  
Email: Mimi.Craig@vu.edu.au

## VU Swim School Levels

Please note: Below is the criteria that must be attained before moving up to the next level.

### **Level 1A - 4 years + (shallow lane)**

Beginner  
Blowing bubbles  
Fully submerge head and body assisted  
Pick up object from platform fully submerging head and body  
Float on back and front assisted  
Basic freestyle kick and arms assisted  
Basic backstroke kick and arms assisted  
Duck dive with assistance  
Seated/kneeling dive  
Jump off edge to teacher

**30 min class**

**Maximum 4 students per class**

### **Level 1B (shallow lane)**

Advanced beginner  
Fully submerge head and body unassisted  
Float on back and front unassisted  
Basic freestyle kick and arms with an aid\* (5 metres unassisted by teacher)  
Basic backstroke kick and arms with an aid (5 metre unassisted by teacher)  
Basic breaststroke kick  
Duck dive unassisted/pick up object from the shallow depth of the pool (1.2m)  
Introduction to treading water  
Jump off edge to teacher  
Progression to standing dive

**30 minute class**

**Maximum 4 students per class**

### **Level 2A (shallow lane)**

Fully submerge the head unassisted  
Comfortable leaving the wall unassisted  
Unassisted torpedo (freestyle kick) without aid to half way  
Freestyle kick and arms with correct breathing technique unassisted to half way (12.5m)  
Backstroke kick and arms unassisted to half way (12.5m)  
Basic breaststroke kick and arms unassisted to half way (12.5m)  
Introduction to survival backstroke/sidestroke  
Tread water for 10 seconds  
Duck dives unassisted to half way (12.5m)  
Standing dive

**30 minute class**

**Maximum 4 students per class**

### **Level 2B (progression to deep lane)**

Fully submerge the head and body unassisted in the deep lane (2m)  
Freestyle kick and arms with correct breathing

technique without aid or assistance 25m shallow lane

Backstroke kick and arms without aid or assistance 25m shallow lane

Developed breaststroke kick and arms unassisted 25m shallow lane

Developed survival backstroke/sidestroke

Basic butterfly kick

Comfortable treading water in 2m depth for 30 seconds

Comfortable diving off wall into 2m depth

**30 minute class**

**Maximum 4 students per class**

### **Level 3 (deep lane)**

50m freestyle with correct technique  
50m backstroke with correct technique  
50m breaststroke with correct technique  
50m survival backstroke  
50m survival side-stroke  
25m butterfly  
Retrieve item from 2m depth  
Forward somersaults unassisted  
Dive off block into 2m depth

**30 minute class**

**Maximum 6 students per class**

### **Level 4 (deep lane)**

100m freestyle with correct technique  
100m backstroke with correct technique  
100m breaststroke with correct technique  
100m survival backstroke  
100m survival side-stroke  
50m butterfly  
Tread water for 3 minutes  
Introduction to stroke starts  
Retrieve item from 2m depth  
Developed tumble turns  
Developed competitive dive into 2m depth

**30 minute class**

**Maximum 6 students per class**

### **Level 5 (deep lane)**

Efficient freestyle, backstroke and breaststroke  
Laps in sets of 6  
Efficient survival backstroke and survival side-stroke  
50m butterfly  
Tread water for 3 minutes  
Developed stroke starts  
Retrieve item from 2m depth  
Developed tumble turns  
Developed competitive dive into 2m depth

**45 minute class**

**Maximum 7 students per class**



## TRAIN WITH US

Push your fitness further with our gym facilities, group fitness classes and more.



## FOOTSCRAY PARK AQUATIC & FITNESS CENTRE

Footscray Park Campus, Building L, Level O

Phone: 03 9919 4460

Email: [vuafc@vu.edu.au](mailto:vuafc@vu.edu.au)

- Group fitness classes
- Functional performance zone
- 3 x multi-purpose courts
- Personal training
- Heated 25 metre swimming pool
- Student discount on memberships
- Individual programs for all members

## ST ALBANS HEALTH & FITNESS CENTRE

St Albans Campus, Building 11S

Phone: 03 9919 2639

Email: [stalbansfitness@vu.edu.au](mailto:stalbansfitness@vu.edu.au)

- Group fitness classes
- Functional performance zone
- Multi-purpose court
- Personal training
- Outdoor training zone
- Student discount on memberships
- Individual programs for all members

## WERRIBEE HEALTH & FITNESS CENTRE

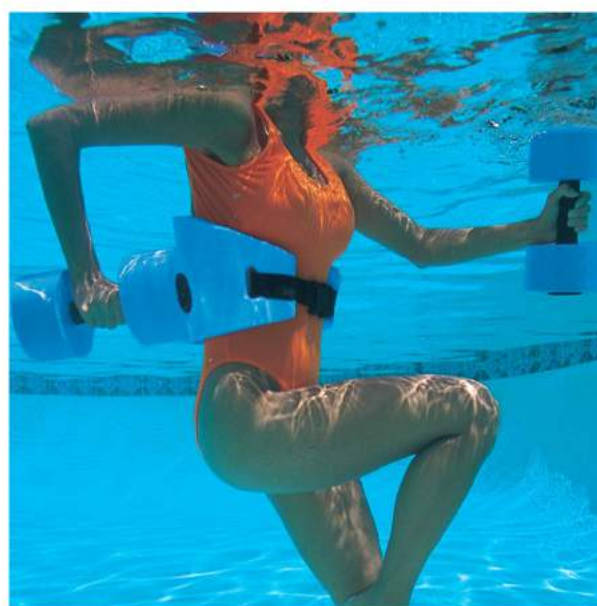
Werribee Campus, Gate 4, Building 7

Phone: 03 9919 8173

Email: [werribeefitness@vu.edu.au](mailto:werribeefitness@vu.edu.au)

- Group fitness classes
- Functional performance zone
- 2 x tennis courts
- Personal training
- Student discounts on all memberships
- Individual programs for all members

## DEEP WATER AQUA CLASSES



**Duration:** 45 minutes

**When:** Tuesdays - 6:00pm  
Thursday - 6:00pm  
Saturdays - 8:30am

**Description:** Deep Water Aqua is an aerobic style class held in the deep water. The class incorporates both water running and treading water to perform numerous medium to high impact non weight bearing exercises using aqua buoyancy aids to assist. This class is ideal for improving cardiovascular fitness, muscular strength/endurance and flexibility. This class is suitable for those with arthritis, neck/back problems, minor stroke, obesity and pregnancy as well as challenging for healthy individuals.



[www.vu.edu.au/sport](http://www.vu.edu.au/sport)



# SWIM SCHOOL TIMETABLE 2016 (Subject to change)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Infants 6 months- 2 years	9:00am - 9:30am 10:30am - 11:00am					8:30am - 9:00am 10:00am - 10:30am	9:15am - 9:45am
Infants 2 years- 4 years	9:30am - 10:00am 11:30am - 12:00pm 4:00pm - 4:30pm					10:30am - 11:00am 11:00am - 11:30am	10:15am - 10:45am 11:15am - 11:45am
Level 1A	10:00am - 10:30am 4:30pm - 5:00pm 5:30pm - 6:00pm 6:30pm - 7:00pm	5:00pm - 5:30pm 6:00pm - 6:30pm	4:30pm - 5:00pm	4:00pm - 4:30pm	4:30pm - 5:00pm 6:30pm - 7:00pm	9:00am - 9:30am 11:30am - 12:00pm	9:45am - 10:15am
Level 1B	11:00am - 11:30am 5:00pm - 5:30pm 6:00pm - 6:30pm	4:30pm - 5:00pm 6:30pm - 7:00pm	5:00pm - 5:30pm 6:15pm - 6:45pm	4:00pm - 4:30pm 6:00pm - 6:30pm	5:00pm - 5:30pm	9:00am - 9:30am 10:45am - 11:15am 11:45am - 12:15pm	9:15am - 9:45am 11:15am - 11:45am
Level 2A	5:30pm - 6:00pm	5:00pm - 5:30pm 5:30pm - 6:00pm 6:30pm - 7:00pm	5:30pm - 6:00pm	4:30pm - 5:00pm 6:30pm - 7:00pm	4:00pm - 4:30pm 5:30pm - 6:00pm	9:30am - 10:00am 11:00am - 11:30am 11:30am - 12:00pm	9:45am - 10:15am 11:45am - 12:15pm
Level 2B	6:00pm - 6:30pm	4:00pm - 4:30pm 6:00pm - 6:30pm	4:00pm - 4:30pm 6:00pm - 6:30pm 6:45pm - 7:15pm	5:00pm - 5:30pm	6:00pm - 6:30pm	9:30am - 10:00am 11:15am - 11:45am	10:45am - 11:15am 11:45am - 12:15pm
Level 3	4:30pm - 5:00pm 5:45pm - 6:15pm 6:45pm - 7:15pm	4:00pm - 4:30pm 4:30pm - 5:00pm 5:30pm - 6:00pm	4:00pm - 4:30pm 5:45pm - 6:15pm	5:00pm - 5:30pm 5:30pm - 6:00pm	5:00pm - 5:30pm	10:00am - 10:30am 10:30am - 11:00am	10:15am - 10:45am
Level 4	4:00pm - 4:30pm 5:00pm - 5:30pm 6:15pm - 6:45pm	4:00pm - 4:30pm 4:30pm - 5:00pm	4:30pm - 5:00pm 6:30pm - 7:00pm	4:30pm - 5:00pm 6:00pm - 6:30pm	4:30pm - 5:00pm	9:30am - 10:00am	10:45am - 11:15am
Level 5	5:00pm - 5:45pm	5:00pm - 5:45pm 5:45pm - 6:30pm	5:00pm - 5:45pm	6:30pm - 7:15pm	5:30pm - 6:15pm	10:00am - 10:45am	
Junior Squad	4:00pm - 5:00pm	6:30pm - 7:30pm		4:00pm - 5:00pm	6:15pm - 7:15pm		
Kick Start Program				5:30pm - 6:00pm	4:00pm - 4:30pm	12:15pm - 12:45pm	
Adult Beginner Class	6:30pm - 7:15pm						
Adult Intermediate Class	7:15pm - 8:00pm			7:15pm - 8:00pm		12:00pm - 12:45pm	

