

VU SWIM SCHOOL

NEWSLETTER

FOOTSCRAY PARK



Centre Contact Details

Mimi Craig

Ph.9919 4880

Email: Mimi.Craig@vu.edu.au

vuafc@vu.edu.au

Office: Building L, Level 00

VUAFC Reception

Ph: 9919 4460

Office: Building L, Level 0

Term Three 2015

Monday 13th of July – Monday 14th of September

Tuesday 14th of July – Tuesday 15th of September

Wednesday 15th of July- Wednesday 16th of September

Thursday 16th of July – Thursday 17th of September

Friday 17th of July- Friday 18th of September

Saturday 18th of July- Saturday 19th of September

Sunday 19th of July– Sunday 20th of September

10 week term



Why the VU Swim School?

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

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 school 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.

| Per Class | Full Fee | Concession/ VU student or staff discount |
|-------------------------|----------|--|
| Infant & Children's LTS | \$15.50 | \$14.50 |
| Junior Squad | \$17.50 | \$16.50 |
| Adult Beginner | \$27.50 | \$26.50 |
| Adult Intermediate | \$27.50 | \$26.50 |



Public holidays in 2015

Anzac day- Saturday the 25th of April

Queen's Birthday- Monday the 8th of June

Melbourne Cup – Tuesday the 3rd of 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.



July School Holiday Program

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

Monday the 6th of July-

Friday the 10th of July 2015

\$90 per child

\$125.50 per adult



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.

Thursday 5:30pm-6:00pm

Friday 4:00pm-4:30pm

Saturday 12:15pm-12:45pm

Please contact 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.

What to bring to your lessons

| | |
|--------------|---|
| Infants | Aqua nappy, bathers, a warm top is suggested – Toastees are great! http://toasteeswetsuits.com.au/site/main/ |
| 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 and goggles |

| | | | |
|---------------|----------|---------------|------------|
| 4:00PM-4:30PM | LEVEL 1A | 4:00PM-4:30PM | LEVEL 2A |
| 4:30PM-5:00PM | LEVEL 1B | 4:30PM-5:00PM | LEVEL 2B |
| 5:00PM-5:30PM | LEVEL 1A | 5:00PM-5:30PM | LEVEL 3 |
| 5:30PM-6:00PM | LEVEL 1B | 5:30PM-6:00PM | LEVEL 4 |
| 6:00PM-7:00PM | ADULTS | 6:00PM-6:45PM | LEVEL 5 |
| | | 6:00PM-6:45PM | JUNIOR SQD |

Bookings

Email vuaafc@vu.edu.au

In person at the VU Aquatic and Fitness Centre Reception

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

Term Three Safety Week

In week 9 of Term Three (Monday 7th of September to Sunday the 13st of September), 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.

Infant Water Familiarisation

Our Infant Aquatic Programs will:

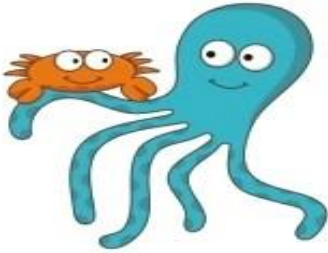
Allow your child to develop water confidence and familiarisation which will encourage them to enjoy their time in the water.

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.

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.



Adult Beginner Swimming Classes



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 - \$125.50 for the 5 day course

Term Three Dates

6th of July - 10th of July 6pm-7pm

3rd of August - 7th of August 7:15am-8:15am

7th of September - 11th of September 7:15am-8:15am

Weekly lessons are scheduled at the following times:

Monday 6:30pm-7:15pm

Monday 7:15pm-8:00pm

Saturday 12:00-12:45pm

Cost

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

Full fee - \$27.50 per class

Concession/ VU student or staff - \$26.50 per class

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

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.

Private lessons are also available for beginners and stroke correction. Cost: \$67 for the hour.

Adult Intermediate Stroke Correction Classes



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

Weekly class scheduled on Thursday from
7:15pm-8:00pm

Cost

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

Full fee - \$27.50 per class

Concession/ VU student or staff - \$26.50 per class

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

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.

Aquatic Programs Supervisor out of the office

Please note, I will be on annual leave from COB on Wednesday the 3rd of June and return to the office on Monday the 13th of July. During this time please contact reception on 9919 4460 or email vuafc@vu.edu.au

- Mimi Craig

18m Pool Inflatable- opening hours over the School Holidays

Wednesday the 1st of July 2:00pm- 3:30pm

Friday the 10th of July 2:00pm-3:30pm



Cost

Swim School members- FREE

Children (12 years and under) – \$3.50

VU student - \$4.50

VU staff or concession - \$5.40

Community - \$5.70

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: \$172 | 1 hour: \$201 |
| 2 hours: \$224 | 2 hours: \$253 |
| 3 hours: \$275 | 3 hours: \$304 |

Victoria University Community Sports Stadium- Whitten Oval

VU Community Sports Stadium – Whitten Oval has a range of junior and adult competitions and programs to keep the whole family moving.

For more information about any of the programs or competition offered at the stadium please visit our website, call or email Sarah Harrington (Facility Coordinator)

Website: www.whittenovalstadium.com.au

Phone: 9919 6344

Email: Sarah.Harrington@vu.edu.au

Swim School Levels

At the VU Swim School we offer 7 Learn to Swim Levels as well as a Junior Squad!

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

*kickboard/noodle- flotation aid

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

Junior Squad

The VU Junior Squad caters for children who have completed two or more terms of 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.

Please contact the Aquatic Programs Supervisor for further information.

2015- Timetable

| | 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 | 9:45am-10:15am |
| Infants 2 years- 4 years | 9:30am-10:00am 4:00pm-4:30pm | | 4:00pm-4:30pm | | | 10:30am-11:00am 11:00am-11:30am | 10:15am-10:45am |
| Level 1A | 10:00am-10:30am 4:30pm-5:00pm | 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 | 9:15am-9:45am |
| Level 1B | 5:00pm-5:30pm | 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 | 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 6:45pm-7:15pm | 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 | 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 | 5:00pm-5:30pm | 6:00pm-6:30pm | 9:30am-10:00am 11:15am-11:45am | 10:45am-11:15am |
| 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 | 5:45pm-6:15pm | 5:00pm-5:30pm 5:30pm-6:00pm | 5:00pm-5:30pm | 10:00am-10:30am 10:30am-11:00am | |
| Level 4 | 4:00pm-4:30pm 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 | |
| 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 | | 6:30pm-7:30pm | | 4:00pm-5:00pm | 6:15pm-7:15pm | | |
| Kick Start Swimming Program | | | | 5:30pm-6:00pm | 4:00pm-4:30pm | 12:15pm-12:45pm | |
| Adult Beginner Class | 6:30pm-7:15pm 7:15pm-8:00pm | | | | | 12:00pm-12:45pm | |
| Adult Intermediate Class | | | | 7:15pm-8:00pm | | | |