

# VU SWIM SCHOOL NEWSLETTER FOOTSCRAY PARK



## Centre Contact Details

**Mimi Craig**

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

Office: Building L, Level 00

**VUAFC Reception**

Ph: 9919 4460

Office: Building L, Level 0

## Term Two 2015

Monday 13<sup>th</sup> of April – Monday 22<sup>nd</sup> of June

Tuesday 14<sup>th</sup> of April – Tuesday 23<sup>rd</sup> of June

Wednesday 15<sup>th</sup> of April- Wednesday 24<sup>th</sup> of June

Thursday 16<sup>th</sup> of April – Thursday 25<sup>th</sup> of June

Friday 17<sup>th</sup> of April- Friday 26<sup>th</sup> of June

Saturday 18<sup>th</sup> of April- Saturday 27<sup>th</sup> of June

Sunday 19<sup>th</sup> of April– Sunday 28<sup>th</sup> of June

11 week term



## Public Holidays

Saturday the 25<sup>th</sup> of April – ANZAC day

Monday the 8<sup>th</sup> of June – Queen's birthday

Lessons will not run on the above public holidays.

The lesson fee is not included in the monthly payment; therefore a makeup lesson is not required.

## 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](mailto: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 1<sup>st</sup> 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 25<sup>th</sup> of April

Queen's Birthday- Monday the 8<sup>th</sup> of June

Melbourne Cup – Tuesday the 3<sup>rd</sup> 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.

## 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 Holiday Program

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

Tuesday the 7th of April-

Friday the 10<sup>th</sup> of April 2015

\$72 per child

\$100 per adult

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

In person at the VU Aquatic and Fitness Centre Reception

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

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

### Term Two Safety Week

In week 10 of Term Two (Monday 15th of June to Sunday the 21<sup>st</sup> 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.



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](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.

### What to bring to your lessons

Infants – aqua nappy, bathers, a warm top is suggested  
Toastees are great!

<http://toasteeswetsuits.com.au/site/main/>

Children in level 1A-2B- bathers and goggles

Children in level 3-5 – bathers, goggles and a swimming cap

Junior Squad- bathers, goggles and a swimming cap

Board shorts, rash tops and extra clothing are discouraged

## Infant Water Familiarisation

Our Infant Aquatic Programs will:

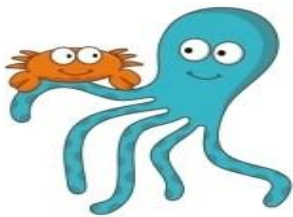
Allow your child to develop water confidence and familiarisation which will encourage them to enjoy their time in the water.

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.

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.

## 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.

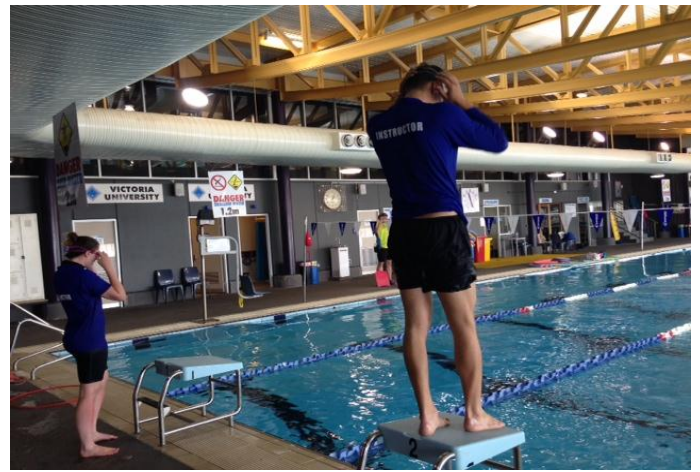
For more information about any of the programs or competition offered at the stadium please visit our website, call or email Sarah Harrington (Facility Coordinator)

Website: [www.whittenovalstadium.com.au](http://www.whittenovalstadium.com.au)

Phone: 9919 6344

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

## What have our instructors been up to?



Diving



Kicking



Floating



Our instructors partake in constant professional development to maintain high quality teaching practises and to ensure we get the best results from each student.

## 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 Two Dates**

**7<sup>th</sup> of April – 10<sup>th</sup> of April 6pm-7pm (\$100 4 days)**

**11<sup>th</sup> of May- 15<sup>th</sup> of May 7:15am-8:15am**

**1<sup>st</sup> of June – 5<sup>th</sup> of June 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 payments

Full fee - \$27.50 per class

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

Private lessons are also available for beginners and stroke correction. Cost: \$67 for the hour. Please contact [Mimi.Craig@vu.edu.au](mailto:Mimi.Craig@vu.edu.au) to make a booking

### **Aquatic Programs Supervisor out of the office**

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

- Mimi Craig

## 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 lesson scheduled on Thursday from 7:15pm-8:00pm

### Cost

Direct debit payments

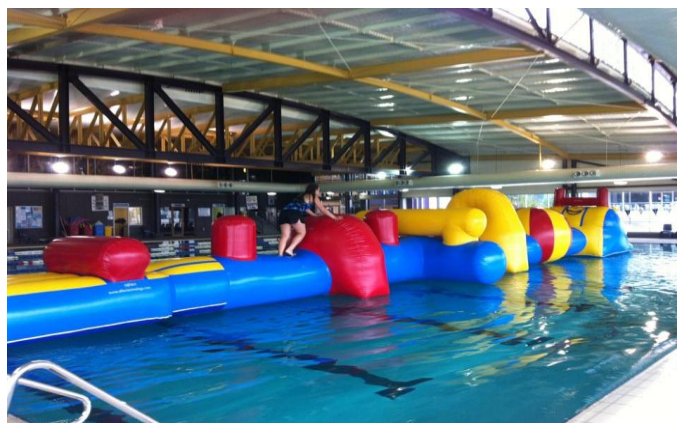
Full fee - \$27.50 per class

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

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

Thursday the 2<sup>nd</sup> of April 12:30pm- 3:00pm

Friday the 10<sup>th</sup> of April 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

## 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 yrs + (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 5:30pm-6:00pm 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 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			