

VU SWIM SCHOOL MEMBER INFORMATION

WHY THE VU SWIM SCHOOL?

The Victoria University Swim School offers swimming and water safety programs for infants, children and adults. Classes are small to allow for maximum learning opportunity with our experienced teachers in a wide range of classes that suit all needs.

Life Saving Victoria's Swim and Survive program is a comprehensive swimming and water safety initiative of Royal Life Saving that seeks to increase swimming and water safety skills to prevent drowning and increase participation in safe aquatic activity.

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CONTACT DETAILS:

VU AQUATIC & FITNESS CENTRE

Building L, Level 0 (next to the gym)

P: 9919 4460 | E: vuaafc@vu.edu.au

ENROLMENT INFORMATION

Enrolments for Swim School can be made at the VU Aquatic and Fitness Centre Reception.

Reception is open from 6.00am - 10.00pm weekdays and until 5.00pm on weekends.

Unfortunately we are unable to process enrolments over the phone or via email however our reception staff are able to assist with:

- recommending an appropriate swimming level for your child,
- providing information about available class times and
- sending an application form via email.

Please contact reception on 9919 4460

An appropriate swimming level must be determined prior to making a booking. The Swim School level criteria is available in this document or if you require assistance determining an appropriate swim level please speak to our friendly reception staff.

Once a student is enrolled into a class this will be on-going until the student is ready to move up a level or if you need to change the day/time of the lesson. You will be notified by the students swim teacher- once the student is ready to move up a level and then you simply need to visit reception to select a new class time.

DIRECT DEBIT MEMBERSHIPS

Payments will be deducted on the 1st business day of each month from your chosen bank account and will continue until the enrolment is cancelled in writing.

A pro rata fee must be paid at the time of joining. This covers the fee for the lessons in the current month prior to the direct debit starting. If the joining date is within the last 5 days of the month then the pro rata fee for that month, plus the following month's fees must be paid up front at the time of joining.

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 and the pool is closed you will not be charged for that lesson.

Price Per Class	Full Fee	Concession/ VU student or staff discount
Infant & Children's programs	\$19.80	\$18.25
Senior Swim and Survive (1 hr)	\$22.75	\$21.50
Adult Beginner	\$28.70	\$28.70
Adult Intermediate	\$28.70	\$28.70

WHAT TO BRING TO YOUR LESSONS

INFANTS	Aqua nappy, bathers, a towel, and a warm top is suggested. ToasTees are great! http://toasteeswetsuits.com.au
CHILDREN	Bathers, goggles, swimming cap, a towel and a drink bottle.
ADULTS	Bathers, goggles, swimming cap, a towel and a drink bottle.

MEMBERSHIP CARDS

Membership Cards are issued to all new enrolments. This card must be scanned at reception to gain entry. This marks attendance and shows us that you have an active membership. If you do not have a membership card please ask at reception.

Your membership card is also used to gain access to the pool outside of normal lesson times.

MAKE UP CLASSES

Enrolled students are eligible for two complimentary make-up classes if a lesson has been missed. Please contact reception on 9919 4460 to book a make-up lesson.

The make-up must be taken in the term the lesson was missed. No credit will be carried forward and no refund will be given if there is no space available in a particular lesson to service the make-up lesson. If a make-up lesson is missed, the member forfeits that lesson.

FREE POOL ACCESS OUTSIDE OF LESSON TIMES

Students enrolled into Swim School have access to the pool outside lessons as part of your ongoing direct debit membership.

Please note that the shallow lane is unavailable on Saturday's between 9:00am-1:00pm.

WATER SAFETY WEEK

There is a scheduled week of the term where all swimming lessons are dedicated to water safety, life saving and rescue skills.

We encourage all students to bring along some old clothes to wear in the water during their lesson. Being able to swim and tread water with the extra weight of clothes is an important life saving skill for children of all ages.

STUDENT FEEDBACK AND PROGRESS

The Swim and Survive program allows for ongoing assessment of skills.

Once a skill has been achieved it will be marked off under the students name. Once all level criteria has been achieved, the teacher will notify you so you can visit reception and select the next level to move up to.

A certificate will be awarded upon completion of each level.

Progress reports are sent directly to you via email once a term, so please ensure that your email address is up-to-date so that you will receive progress reports and other important information.

SUSPENSIONS AND CANCELLATIONS

We do not offer suspensions with Swim School memberships as we are unable to guarantee that the students place will still be available on returning to the VU Swim School. If required, we can cancel your booking and when you are ready to return we can work with you to find a suitable class time.

Cancellations must be in writing and we require 5 University business days prior to the end of the month to stop the next monthly direct debit. A cancellation form is available for your convenience from reception.

All direct debit enrolments are on-going until you decide to end them by filling out the cancellation form.

A photograph of three children swimming underwater, smiling and waving their hands. They are wearing goggles and swimwear. The water is clear and blue.

INTENSIVE SWIMMING PROGRAM

An intensive swimming program is offered during the school holidays and runs over five consecutive days with a 30min class held every Monday - Friday.

The intensive swimming program allows skills to build and progress quickly and is a great way to keep the kids active and learning during the school holidays.

Contact reception for more information.

A photograph of several children and adults in a swimming pool. The children are sitting on the pool floor, and the adults are standing around them, holding them. The water is blue and the scene is bright.

WATER FAMILIARISATION

Our infant water familiarisation program:

- Allows your child to develop water confidence and familiarisation which will encourage them to enjoy their time in the water.
- Provides a space for parent and child bonding, as well as social interaction with other children.
- Aims to educate yourself as a parent and your child on watery safety and aquatic environments.
- Introduces basic aquatic activities with songs, rhymes, games and toys.
- Promotes physical, personal and intellectual development of children.
- Promotes Play is a vital part of a child's learning process.
- Promotes play which is a vital part of a child's learning. Aquatic play provides infants and children with opportunities to try out exciting new experiences in the aquatic environment.

INFANT AGE GROUPS

- 12 months - 24 months
- 24 months - 36 months

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

For class times please click [here](#) for the current term timetable.



PRIVATE LESSONS

Private lessons are available for adults before 4pm on weekdays.
Please speak to reception for more information and availability.

PRIVATE LESSON COST -

\$82 per hour

Private lessons can only be booked for children during the school holidays.

PRIVATE LESSON COST -

\$82 per hour

ADULT SWIMMING AND WATER SAFETY

Weekly adult classes are available for beginner swimming classes and intermediate stroke correction.

ADULT WEEKLY CLASS COST

\$28.70 per class (monthly direct debit: sum of the number of lessons in the month)

Are you a VU student? Apply for FREE Water Wise lessons by emailing vuaafc@vu.edu.au

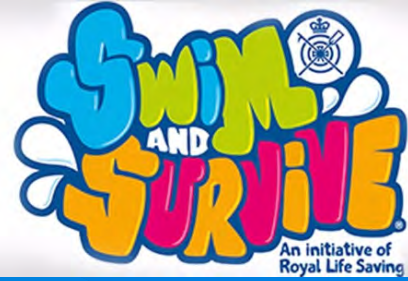
BEGINNER TIMES:

Monday	6:30pm - 7:15pm
Wednesday	7:15pm - 8:00pm
Thursday	6:30pm - 7:15pm
Saturday	12:15pm - 1:00pm
Sunday	12:15pm - 1:00pm

INTERMEDIATE TIMES:

Monday	7:15pm - 8:00pm
Thursday	6:30pm - 7:15pm

SWIM AND SURVIVE LEVEL CRITERIA



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

12 - 24 MONTHS

WONDER AWARD - WATER FAMILIARISATION

2-3 YEARS

COURAGE AWARD - WATER CONFIDENCE

ACTIVE AWARDS

D1- DEVELOPING WATER DISCOVERY

Enter and exit the water safely and confidently.
Front float holding a buoyant aid and recover to a secure position.
Back float holding a buoyant aid and recover to a secure position.
Blow bubbles in water with the face fully submerged.
Front glide and kick for 3 metres with teacher assistance.
Back glide and kick for 3 metres with teacher assistance.
Experience balancing using a range of floatation aids in waist deep water.
With assistance submerge in waist deep water, open eyes and blow bubbles.

1 - WATER DISCOVERY

Enter and exit the water safely and confidently.
Front float and recover to a secure position.
Back float and recover to a secure position.
Blow bubbles in water with face fully submerged and turn head to the side, repeat action.
Front glide and kick for 3 metres unassisted
Back kick using kickboard for 5 metres.
Swim for a distance of 3 metres using an underwater arm action while kicking.
Float with a floatation aid for 30 seconds.
Submerge in waist depth water, open eyes and blow bubbles.
Demonstrate lock hands, lock head and steer up position.
Be pulled to safety by grasping a rescue aid.
Answer questions about dangers in the aquatic environment.

D2- DEVELOPING WATER AWARENESS

Perform a slide in entry and exit the water using the edge.
Move from a back float to a front float and to a back float again.
Demonstrate treading water arm sculling action while standing.
Demonstrate breathing to the side in a horizontal position, repeat action.
Swim 5 metres freestyle.
Swim 5 metres backstroke with ears in the water.
Move through the water for 30 seconds while holding a flotation aid and kick to safety.
Swim through a submerged obstacle.

2 - WATER AWARENESS

Perform a slide in entry and exit using the edge.
Float on the front and back in deep water with teacher assistance.
Demonstrate treading water arm sculling action, supporting the body in an upright position.
Demonstrate treading water leg action using floatation aid for support.
Swim 10 metres freestyle with side breathing.
Swim 10 metres backstroke with correct body position.
Demonstrate 5 metres survival backstroke kick.
Demonstrate breaststroke kick on the side of the pool.
Demonstrate the following continuous sequence:
Survival sculling for 30 seconds, floating for 1 minute, holding flotation aid and then kick to safety.
Submerge and recover and object from water of chest depth.
Demonstrate a seated torpedo.
Be pulled through the water by a rope for 5 metres to safety.
Answer questions about dangers in the aquatic environment.



3 - WATER SENSE

Perform a step in entry.
Scull head first on the back in a streamlined body position.
Swim 25 metres freestyle with correct technique.
Swim 25 metres backstroke with correct technique.
Swim 15 metres survival backstroke using correct technique.
Demonstrate 10 metres breaststroke kick.
Demonstrate a survival sequence.
Demonstrate a kneeling dive.
Using a rigid aid pull a partner to safety.
Answer questions about dangers in the aquatic environment.
Demonstrate introductory dolphin kick for a distance of 5 metres.

4 - WATER WISE

Safely perform a compact jump and exit from deep water.
Demonstrate feet first sculling on the back.
Demonstrate rotation of the tucked body, keeping the face above the surface of the water.
Swim 50 metres freestyle with correct technique.
Swim 50 metres backstroke with correct technique.
Swim 25 metres survival backstroke with correct technique.
Swim 15 metres breaststroke with correct technique.
Demonstrate 10 metres sidestroke with scissor kick.
Demonstrate a survival sequence.
Float for 1 minute using an open-ended flotation aid.
Demonstrate a crouch dive.
Throw a rope or buoyant aid to a partner at 5 metres distance and instruct the partner to kick to the edge.
Answer questions about dangers in the aquatic environment.
Demonstrate butterfly for 5 metres.

5 - JUNIOR SWIM AND SURVIVE

Safely perform a fall in entry and exit from deep water.
Demonstrate a forward somersault in deep water.
Demonstrate the eggbeater kick.
Swim 100 metres continuously using correct stroke technique.
Dressed in swimwear, long pants and long-sleeved shirt, demonstrate a survival sequence.
Correctly fit a Lifejacket, enter the water using a compact jump, float for 30 seconds and climb out of deep water.
Demonstrate a shallow dive.
Perform a reach rescue.
Answer questions about dangers in the aquatic environment.
Demonstrate butterfly for 10 metres.

6 - SWIM AND SURVIVE

Perform a stride entry.
Demonstrate eggbeater kick with sculling.
Swim 200 metres continuously using correct technique.
Demonstrate a survival sequence.
Correctly fit a lifejacket while treading water and then swim 25 metres using a survival stroke.
Perform a throw rescue.
Answer questions on water safety and personal survival techniques.
Demonstrate butterfly for 15 metres.

7 - SENIOR SWIM AND SURVIVE

Demonstrate an entry technique selected by the teacher.
Demonstrate an efficient eggbeater kick without the use of arms.
Swim 300 metres continuously using correct technique.
Demonstrate a survival sequence.
Correctly fit a lifejacket while treading water, swim 100 metres using survival strokes, demonstrate HELP technique and climb out of water.
Perform a throw rescue.
Answer questions on water safety and personal survival techniques.
Demonstrate butterfly for 25 metres.

Extension - 1km time trial, 50m sprint times, tumble turns and diving

VU SWIM SCHOOL TERM 1 TIMETABLE 2020 (Subject to change)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 - 24 MONTHS (30 MINS)	10:30am - 11:00am					8:30am - 9:00am 10:00am - 10:30am	9:15am-9:45am 10:15am-10:45am
2 - 3 YEARS (30 MINS)	9:30am-10:00am				4:00pm-4:30pm	10:30am - 11:00am 11:00am - 11:30am	9:45am-10:15am 10:45am-11:15am
D1- DEVELOPING WATER DISCOVERY (30 MINS)	9:00am-9:30am 10:00am-10:30am 4:30pm - 5:00pm	4:00pm-4:30pm 6:00pm - 6:30pm	4:30pm - 5:00pm 5:30pm - 6:00pm 6:45pm-7:15pm	4:30pm - 5:00pm 5:00pm - 5:30pm 6:00pm-6:30pm	4:00pm - 4:30pm 4:30pm - 5:00pm	9:00am - 9:30am 9:30am-10:00am 10:00am - 10:30am 11:30am - 12:00pm	9:15am- 9:45am 10:15am-10:45am 11:15am-11:45am 12:15pm-12:45pm
1- WATER DISCOVERY (30 MINS)	11:30am-12:00pm 5:00pm - 5:30pm 5:30pm - 6:00pm	4:30pm - 5:00pm 5:00pm-5:30pm 6:30pm- 7:00pm	5:00pm - 5:30pm 6:00pm - 6:30pm	4:00pm - 4:30pm 5:00pm - 5:30pm 6:00pm - 6:30pm	5:00pm - 5:30pm 5:45pm-6:15pm 6:30pm-7:00pm	9:00am - 9:30am 9:30am - 10:00am 10:30am - 11:00am 11:30am- 12:00pm	9:15am - 9:45am 9:45am- 10:15am 11:15am - 11:45am
D2- DEVELOPING WATER AWARENESS (30 MINS)	6:00pm-6:30pm		5:30pm- 6:00pm 6:45pm-7:15pm	4:00pm-4:30pm	6:00pm-6:30pm	11:00am-11:30am 11:30am-12:00pm	12:15pm-12:45pm
2 -WATER AWARENESS (30 MINS)	11:00am-11:30am 5:30pm - 6:00pm 6:30pm-7:00pm	5:00pm - 5:30pm 5:30pm - 6:00pm 6:15pm - 6:45pm 6:45pm-7:15pm	4:00pm-4:30pm 5:15pm - 5:45pm 5:30pm -6:00pm 6:15pm- 6:45pm 6:30pm- 7:00pm	4:30pm - 5:00pm 5:30pm - 6:00pm 6:30pm - 7:00pm	4:00pm - 4:30pm 5:30pm - 6:00pm 6:45pm- 7:15pm	9:00am - 9:30am 9:30am - 10:00am 10:30am - 11:00am 11:00am - 11:30am 12:30am-1:00pm	9:45am - 10:15am 11:15am -11:45pm 11:45am-12:15pm
3 - WATER SENSE (30 MINS)	6:00pm - 6:30pm	4:00pm - 4:30pm 6:00pm - 6:30pm	4:00pm - 4:30pm 5:45pm - 6:15pm 6:00pm - 6:30pm 6:45pm - 7:15pm	4:00pm - 4:30pm 5:00pm - 5:30pm 5:30pm-6:00pm 6:00pm - 6:30pm	4:45pm-5:15pm 6:15pm- 6:45pm	9:00am-9:30am 9:30am - 10:00am 10:00am - 10:30am 11:05am - 11:30am	10:45am - 11:15am 11:45am - 12:15pm
4 - WATER WISE (30 MINS)	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 4:30pm - 5:00pm 5:45pm - 6:15pm	4:00pm - 4:30pm 5:00pm - 5:30pm 5:30pm - 6:00pm	5:00pm - 5:30pm	9:00am - 9:30am 10:00am - 10:30am 10:45am - 11:15am	10:15am - 10:45am 11:45am-12:15pm
5 - JUNIOR SWIM & SURVIVE (30 MINS)	4:00pm - 4:30pm 5:00pm - 5:30pm 6:15pm - 6:45pm	4:30pm - 5:00pm 5:45pm- 6:15pm	4:30pm- 5:00pm 4:45pm - 5:15pm 6:30pm - 7:00pm	4:30pm - 5:00pm 6:00pm - 6:30pm	4:30pm - 5:00pm 5:15pm-5:45pm	9:30am - 10:00am 11:15am-11:45am 11:45am-12:15pm	10:45am - 11:15am
6 - SWIM & SURVIVE (45 MINS)	5:00pm - 5:45pm	5:00pm - 5:45pm	4:00pm- 4:45pm 5:00pm - 5:45pm	6:30pm - 7:15pm	4:00pm- 4:45pm 5:30pm - 6:15pm	10:00am - 10:45am	
7 - SENIOR SWIM & SURVIVE (60 MINS)	4:00pm - 5:00pm	6:30pm - 7:30pm		4:00pm - 5:00pm	6:15pm - 7:15pm		
ADULT BEGINNER (45 MINS)	6:30pm - 7:15pm		7:00pm-7:45pm	6:30pm - 7:15pm		12:15pm-1:00pm	12:15pm-1:00pm
ADULT INTERMEDIATE (45 MINS)	7:15pm - 8:00pm			6:30pm-7:15pm			