

Learn to Swim INFORMATION PACK



BACKGROUND

The Gawler Aquatic Centre Learn to Swim Program takes pride in being an AUSTSWIM industry accredited Learn to Swim program. Our qualified, professional and friendly instructors are committed to providing your children with the best education and enjoyment in their lessons. In 2014, we were recognised as South Australia's AUSTSWIM Swim School of the Year and received a nomination for 2015 National AUSTSWIM Swim School of the Year.

PAYMENTS

Payments are to be paid in full before the commencement of the first lesson. The early enrolment period is designed for multiple instalments to be made before the season commences. Please refer to the back of the registration form for full terms and conditions. Family Discounts apply to families with three or more swim school participants. A 50% discount is applicable to the third (3rd) and consecutive participant on Term 4 and/or Term 1 lessons.

PRIVATE HEALTH INSURANCE

Gawler Aquatic Centre is now registered with a number of Health Funds and so you maybe eligible to claim your swimming lessons on your insurance.

COSTS

Term 4 – 9 weeks October 16 – December 17	\$139.50 per child
Term 1 – 10 weeks January 29 – April 9	\$155 per child
Private Swimming Lessons (10 Weeks)	\$360 per child
Private Swimming Lessons (9 Weeks)	\$324 per child
SA Water VACSWIM 7 day	\$60 per child
Holiday Intensive 5 day	\$65 per child

PACKAGE DEALS

Gawler Aquatic Centre has 2 package deals to choose from. Payment must be made in full before Sunday 15 October 2017 to receive package deal. A parent or guardian of any child under the age of 3 years will receive an adult season pass.

GOLD PACKAGE	\$359.50
Enrol into Term 4, Term 1 and 1 Holiday Intensive and receive:	
FREE Concession Season Pass FREE Week of Holiday Intensive	
Package valued at \$594.50	

SILVER PACKAGE	\$294.50
Enrol into Term 4 and Term 1 at the same time and receive:	
FREE Concession Season Pass	
Package valued at \$464.50	



**ENROL IN
2 TERMS
AND SAVE!!!**

PROGRAM DATES

Term 4: Monday 16 October – Sunday 17 December

Term 1: Monday 29 January (2018) – Monday 9 April (2018)

October Holiday Intensive - Monday 9 October to Friday 13 October

December Holiday Intensive - Monday 18 December to Friday 22 December

SA Water VACSWIM - Tuesday 2 January to Wednesday 10 January

January Holiday Intensive - Monday 15 January to Friday 19 January

LESSON DAYS & TIMES

Monday - Thursday: 3:30pm - 6pm Saturday - Sunday: 8:30am - 12noon

EARLY ENROLMENT PERIODS

Term 4: Friday 25 August – Sunday 15 October **Term 1:** Monday 20 November – Sunday 28 January (2018)

- Enrol and pay a deposit of \$40 per child to secure your place
- Enrol at the 2017 Gawler Show and receive a FREE Show Bag for each participant enrolled
- Students that are enrolled into term 4 can enrol anytime into Term 1 lessons. Students only wanting to enrol into Term 1 can do so from Monday 20 November



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SWIM PROGRAMS

INFANT PROGRAM

6 MONTHS - 5 YEARS



TADPOLE 30 mins

- Enter and exit the water safely with carer
- Initiate putting water on the face, head and body
- Experience surface glides with carer using continuous contact
- With assistance, float on the back with head on the carer's shoulder
- With assistance, roll from one side to the other - back to front, front to back
- Carer to manipulate legs and arms to kick and paddle on front and back positions
- Demonstrate readiness for submersion



FROG 30 mins

- Enter and exit the water safely with carer
- Hand walk along the pool edge and climb out
- Attempt to blow bubbles below the surface of the water
- Experience assisted glides towards poolside and hold onto the edge with support
- With assistance, float on the back holding a flotation aid
- With assistance, move the arms and legs through the water



SEAHORSE 30 mins

- Enter and exit the water safely
- Blow bubbles in the water with the face submerged
- With assistance, kick on front and back using a kickboard
- Demonstrate pulling arm action
- Back float confidently unassisted
- With assistance, submerge and retrieve an object in waist deep water
- With assistance, jump into deep water and return to the edge
- Answer questions about dangers in the aquatic environment
- Demonstrate readiness for submersion

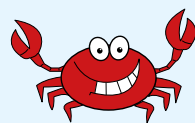
LEARN TO SWIM

5 YEARS +



STARFISH 30 mins

- Enter and exit the water safely and confidently
- Back float and recover to a secure position
- Front glide and kick for 5 metres unassisted (torpedo)
- Back kick using kickboard for 5 metres
- Swim 3 meters freestyle with no breathing
- Submerge and retrieve an object in chest depth water
- Jump into deep water and return to the edge
- Answer questions about dangers in the aquatic environment



CRAB 30 mins

- Perform a slide in entry
- Move from a back float to a front float and to a back float again
- Swim 5 metres freestyle with side breathing
- 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
- Jump into deep water and retrieve an object
- Answer questions about dangers in the aquatic environment
- Demonstrate readiness for submersion



OTTER 30 mins

- Perform a slide in entry
- Swim 10 metres freestyle with side breathing
- Swim 10 metres backstroke with correct body position
- Demonstrate 10 metres survival backstroke
- Demonstrate breaststroke kick on the side of the pool
- Demonstrate a kneeling dive (may be assisted)
- Tread water for 15 seconds
- Answer questions about dangers in the aquatic environment
- Demonstrate readiness for submersion

SWIM PROGRAMS



OCTOPUS 30 mins

- Perform a step in entry
- Swim 25 metres freestyle using correct technique
- Swim 25 metres backstroke using correct technique
- Swim 25 metres survival backstroke using correct technique
- Demonstrate 10 metres breaststroke kick (symmetrical action)
- Demonstrate the following sequence:
 - a) Tread water for 1 minute
 - b) Swim for 1 minute, holding a flotation aid
- Demonstrate a surface dive
- Answer questions about dangers in the aquatic environment

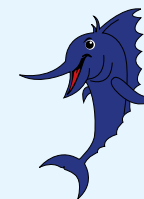


SEAL 30 mins

- Safely perform a compact jump
- Swim 50 metres freestyle using correct technique
- Swim 50 metres backstroke using correct technique
- Swim 50 metres survival backstroke using correct technique
- Swim 25 metres breaststroke using correct technique
- Demonstrate 25 metres sidestroke with scissor kick
- Dressed in swimwear, shorts and t-shirt, demonstrate the following sequence:
 - a) Tread water for 2 minutes
 - b) Swim slowly for 3 minutes, changing survival strokes after each minute
- Surface dive, swim underwater and recover an object from deep water

DEVELOPMENT SQUAD PROGRAM

ABILITY BASED

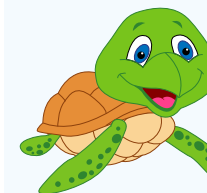


MARLIN 45 mins

- Perform a stride entry
- Swim 100 metres freestyle using correct technique
- Swim 100 metres backstroke using correct technique
- Swim 100 metres survival backstroke using correct technique
- Swim 50 metres breaststroke using correct technique
- Swim 50 metres sidestroke with scissor kick
- Dressed in swimwear, long pants, jumper, and demonstrate the following sequence:
 - a) Enter deep water using a feet first entry
 - b) Submerge feet first, swim underwater on back looking up at the surface
 - c) Swim 100 metres
 - d) Scull, float or tread water for 3 minutes
- Correctly fit a PFD while treading water and swim 25 metres using survival strokes
- Introduction to tumble turns

OTHER PROGRAMS

ALL AGES



TURTLE 30 mins

- Specifically for children with disabilities
- Instructors will work with the person to improve their swimming and water safety skills
- Max class size of 3 depending on child's ability



PRIVATE LESSON 30 mins

- Have a specific goal you want to achieve? Private lessons can be catered to your needs
- More flexibility available with times and days of lessons
- Private lessons available for people with a disability



ADULT LESSON 30 mins

- No one is too old to learn how to swim! Our group lessons are great for the scared beginner right through to advanced stroke technique
- Group or private lessons available for people with a disability