

## Program Costs

**NOTE:** Allow for pricing adjustment if a term is for less than 10 weeks (8 for Infant Aquatics) or if there is a public holiday. Aquatic Education will run for a maximum of 10 weeks even if the school term is longer.

### Swim and Survive

	<u>HILAC Member</u>	<u>Non-Member</u>
<u>1st Child</u>	<b>\$ 96.50</b>	<b>\$ 108.00</b>
<u>2nd &amp; Subsequent Child</u>	<b>\$ 86.85</b>	<b>\$ 97.20</b>

The Fees are based on **TEN CLASSES** at Southern Grampians Shire Council's 2009/10swim program pricing  
**NO additional fees apply for the program.**

### Infant Aquatics & Kinder Swim

	<u>HILAC Member</u>	<u>Non-Member</u>
<u>1st Child</u>	<b>\$ 77.20</b>	<b>\$ 86.40</b>
<u>2nd &amp; Subsequent Child</u>	<b>\$ 69.50</b>	<b>\$ 77.75</b>

The Fees are based on **EIGHT CLASSES** at Southern Grampians Shire Council's 2009/10 swim program pricing  
**NO additional fees apply for the program.**

**Full payment of a Swim & Survive, Infant Aquatic or Kinder Swim term is required at the time of enrolment.**

### CANCELLATIONS

The Hamilton Indoor Leisure and Aquatic Centre must be notified of program cancellations prior to the program commencement. The value of the cancelled program, less an administration fee (equivalent to one lesson) will be credited to your HILAC family account to be used towards a next set of lessons..

Any unattended lessons will be forfeited and no refunds or credits apply unless a medical certificate is provided or extenuating circumstances can be proven.

*We look forward to seeing you in the pool!!!*

### HILAC CUSTOMER CARDS

Please ensure all Aquatic Education students, regardless of age, have had a photo taken at reception and a customer card created that has lessons added to it every time you enrol in a program. Each time you enter for a class, the card should be scanned at reception. Any type of HILAC membership will have the lessons added to the existing card so please ensure the card is scanned to represent the correct reason for entry.

*Loss of the HILAC customer card during a term will incur a replacement cost .*

For any questions or comments in regards to aquatic programs, contact:

**Irene Hill**  
**Swim Programs Coordinator**  
**Telephone: 55514 306**  
**E-mail: [ihill@hilac.com.au](mailto:ihill@hilac.com.au)**  
**Website: [www.hilac.com.au](http://www.hilac.com.au)**

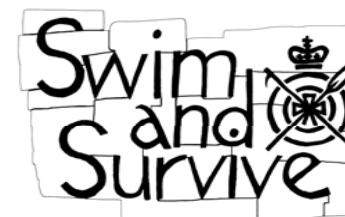
Hamilton Indoor Leisure & Aquatic Centre  
(HILAC)  
83-93 Shakespeare Street  
Hamilton 3300  
Reception Telephone: 5551 4300

## AQUATIC EDUCATION



## Swim and Survive Programs

## Infant Aquatics & Kinder Swim 2010



A Program of the Royal Life Saving Society Australia

## Swim Program Levels

### **Infant Aquatics:**

This age-based program is designed for the various developmental stages of infants and toddlers aged 6 months to approximately 3.5 years old. The Infant Aquatics instructor will provide a safe multi-sensory class allowing the child, through aquatic play, to gently explore the excitement of being in water.

**1 Duck:** 6—12 months = Aqua-play classes

**2 Ducks:** 12—18 months = Aqua-movement classes

**3 Ducks:** 18—24 months = Aqua-skills classes

(Or up to 30 months if beginner)

**4 Ducks:** 24—36 months = Aqua independence

**5 Ducks:** 36+ months = Preparation for independent lessons

*A responsible adult is required to join the infant/toddler at all times.*

### **Kinder Swim:** (Minimum age 3.5 years)

This program is for pre-schoolers (under 5 years old) to aid in the transition from Infant Aquatics to Swim and Survive levels by further developing water familiarisation and water safety. It is all about having LOTS of FUN whilst learning a variety of aquatic skills. Max 4 participants in each class.

- ◆ **TURTLE CLASS**—an absolute beginners group to develop confidence, independence, recovery and safe movement through the water.
- ◆ **STARFISH CLASS**—for kids with strong, basic confidence and submersion skills, ready to independently swim, and explore methods of propulsion through the water.
- ◆ **DOLPHIN CLASS**—fully confident, independent front and back swimmers. To further develop the basics of swim strokes and promote safe aquatic activities in readiness for Swim and Survive Level 1/2.

*A responsible adult MAY be required to join the child in the group until the child feels safe and confident enough to participate independently.*

### **Swim and Survive:**

Conducted under the guidelines of the Royal Life Saving Society Australia, the Swim and Survive program provides a broad and balanced swimming and water safety program for children aged approximately 5-15 years. The progression is skill based and participants advance at their own pace, from beginners to confident, ready-for-squad swimmers.

### **Private Swim Tuition:**

If an instructor is available, private tuition can be arranged by request, at a time that mutually suits you and your choice of instructor. Separate fees and conditions applies.

## Program Dates for 2010

### **Infant Aquatics & Kinder Swim:**

*Will usually start two weeks after the swim and survive commencement date (except Term 1).*

**Term 1:** Week beginning Feb 1st to March 27th(8wks)

*(No lessons on Saturday 6th March and Public Holiday Monday 8th March)*

**Term 2:** Week beginning April 26th to June 19th(8wks)

*(No lessons Public Holiday Monday 26th April, Saturday 12th June and Public Holiday Monday 8th June)*

**Term 3:** Week beginning July 26th to Sept 18th (8weeks)

**Term 4:** Week beginning 18th Oct to Dec 11th (8 weeks)

*(No lessons on Melbourne Cup Day, Tuesday 2nd November)*

### **Swim and Survive:**

**Term 1:** Week beginning Feb 1st to March 27th (8 weeks)

*(No lessons on Saturday 6th March and Public Holiday Monday 8th March)*

**Term 2:** Week Beginning April 12th to June 19th (10wks)

*(No lessons on Saturday 24th April, Monday 26th April, Saturday 12th June and Monday 14th June)*

**Term 3:** Week Beginning July 12th to Sept 18th (10wks)

**Term 4:** Week Beginning Oct 4th to Dec 11th (10wks)

*(No lessons Melbourne Cup Day, Tuesday 2nd November)*

## Program Times

The duration of each class is 30 minutes

### **Infant Aquatics & Kinder Swim:**

Mondays: Classes Between 9:00am —11.30am

Tuesdays: Classes Between 9:00am —11.30am

Wednesdays: Classes Between 9:00am —11.30am

Thursdays: Classes Between 9:00am —11.30am

Saturdays: Classes between 9.00-11.30am

### **Swim & Survive:**

Tuesdays: Classes Between 3:45pm —5:45pm

Wednesdays: Classes Between 3:45—5:45pm

Thursdays: Classes Between 3:45pm—5:45pm

Fridays: Classes Between 3:45pm—5:45pm

Saturdays: Classes Between 9:00am —11.30am

**NB/ Days and times on offer may change each term according to instructor availability.**

## Your Role

SOME SUGGESTIONS ON HOW YOU CAN HELP YOUR CHILD ACHIEVE THE MOST OUT OF THEIR SWIM & SURVIVE LESSON:

- Be on time for lessons. If you are running late, we suggest **not** to make it a big deal, as this may impede your child joining the class if he/she feels rushed into the water.
- Allow extra time **after** the Swim & Survive program as a **reward**. Free swimming prior to a lesson can leave your child tired or annoyed that 'play time has been interrupted'.
- Be present and ready on pool-deck to meet your child as soon as the class is finished.
- Your child's progress may plateau during the term. Children will still benefit from attending swim programs regularly.
- Children develop individually at different rates for a variety of reasons including their age and amount of practise of previously learnt skills. Their progress is a reflection of the child's ability to adapt in an aquatic environment, not of the instructor's ability to teach. Keep positive, and appreciate that your child is progressing in each class.
- Please do not distract your child while in lessons as this allows the instructor to better manage the class.
- Please understand that the instructors may have to practise some disciplinary action towards disruptive students, individually or as a group, such as a serious safety explanation or "time out". This is to ensure your child's safety and to allow all participants in the group to enjoy their class.
- Your child may not progress to the next level each term, but they **will** be continually improving their swimming skills and advancing within the current level.

**All instructors are AUSTSWIM-Teachers of Swimming and Water Safety qualified.**

A certificate showing the participant's achievements will be issued at the completion of each program.

