

## Program Fees

**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.

### Active Program

|                        | HILAC Member | Non-Member |
|------------------------|--------------|------------|
| 1st Child              | \$ 96.50     | \$ 108.00  |
| 2nd & Subsequent Child | \$ 86.85     | \$ 97.20   |

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

### Courage and Wonder Programs

|                        | HILAC Member | Non-Member |
|------------------------|--------------|------------|
| 1st Child              | \$ 77.20     | \$ 86.40   |
| 2nd & Subsequent Child | \$ 69.50     | \$ 77.75   |

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, 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.

### Private Swim Tuition:

If an instructor is available, private tuition can be arranged. Separate fees and conditions applies. A yellow registration form needs to be filled out each term as per Swim and Survive.

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

## HILAC CUSTOMER CARDS

- Aquatic Education students must have a HILAC card. Photos and cards can be created 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.
- **Your customer card must be scanned prior to each lesson.**
- *Loss of the HILAC customer card during a term will incur a replacement cost.*

**NOTE:** Classes will only be available if a minimum number of participants are enrolled on a particular day in a particular class. Classes and days may change each term.

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

Sarah Byron  
Swim Programs Coordinator  
Telephone: 55514 306  
E-mail: [sbyron@sthgrampians.vic.gov.au](mailto:sbyron@sthgrampians.vic.gov.au)  
Website: [www.hilac.com.au](http://www.hilac.com.au)

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

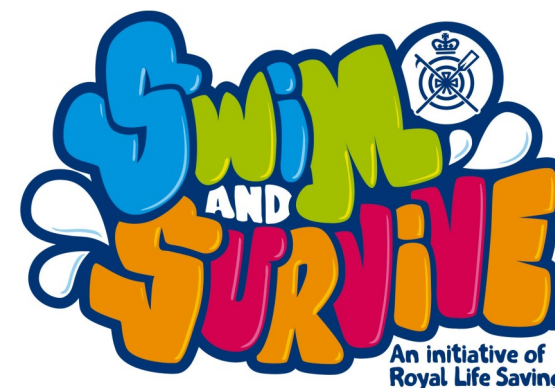


**Southern Grampians**  
SHIRE COUNCIL



**Hamilton**  
Indoor Leisure &  
Aquatic Centre

## AQUATIC EDUCATION 2010



An initiative of  
Royal Life Saving

## PROGRAMS

- ◆ **Wonder** = 6 months – 3 years
- ◆ **Courage** = 3 - 5 years
- ◆ **Active** = 5 - 15 years

## Swim Program Levels

### WONDER 6mths – 3 years (previously ducks)

Wonder represents the first stage in a lifetime of fun and safety in the water, so it is only natural that it is approached in a way that builds on a child's natural curiosity and fascination with water. Through water familiarisation the Wonder stage encourages participation and experiencing a range of skills rather than achievement of competencies. Reflecting on motor, cognitive and social development. Working on flexibility in delivery –stages and ages. Learning strands include getting wet, breathing , going underwater, keeping balance, stay afloat, kick and arm action and parent education

- ◆ **Wonder 1 (6-12months)**
- ◆ **Wonder 2 (12 -24 months)**
  - **Stage 3 (12-18 months)**
  - **Stage 4 (18-24 months)**
- ◆ **Wonder 3 (24 – 36 months)**
  - **Stage 5 (24– 30 months)**
  - **Stage 6 (30—36 months)**

*A responsible adult is required to join the child in the pool in the above classes at all times.*

### COURAGE 3 - 5 years

#### (previously Turtle, Starfish, Dolphin & Shark)

Courage is fundamental to the development of basic foundation skills in swimming, survival and water safety, as is a positive attitude towards learning these essential skills. Building water confidence and introducing basic foundation skills is the focus for Courage. Participation is based on previous experience and current aquatic skill competency. Learning strands include entry and exit, floating and sculling, breathing, movement and swimming strokes, survival skills, underwater skills, introductory water safety knowledge and parent education. It is all about having LOTS of FUN whilst learning

- ◆ **Courage 1** - absolute beginner
- ◆ **Courage 2**- little aquatic experience
- ◆ **Courage 3** - front/ back floating assisted
- ◆ **Courage 4** -float unassisted/ face submerged
- ◆ **Courage 5** - move through water 3m

### ACTIVE 5 - 15 years

Active is used to emphasise that the skills learnt in the program not only save lives, but provide a foundation for participation in a range of aquatic recreation, fitness and sporting activities. The progression is skill based and participants advance at their own pace, from beginners to confident, ready for squad swimmers.

## Program Dates for 2010

### WONDER and COURAGE:

*Will usually start at the same time as the Active program but will finish 2 weeks earlier (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 12th to Sept 4th (8weeks)

**Term 4:** Week beginning Oct 4th to Nov 27th (8 weeks)

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

### ACTIVE:

**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)

## Program Times

The duration of each class is 30 minutes

### WONDER and COURAGE Programs:

Monday to Thursday - between 9:00am - 11.30am

Saturday - between 9:00am - 11.30am

### ACTIVE Program:

Monday to Friday - between 3:45pm - 5:45pm

Saturday - between 9:00am - 11.30am

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

## Enrolments:

For all enrolment details please check the HILAC web-site [www.hilac.com.au](http://www.hilac.com.au) or the Aquatic Education notice board at HILAC.

## 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.

