

2019 – Schools Programs & Services Information

This information booklet is designed for Primary & Secondary School Groups interested in Aquatic Programs & Services available at The Geelong College Recreation Centre.

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Introduction

We are proud to offer you our great range of programs in 2019.

The Geelong College Recreation Centre 2019 programs are designed specifically for the needs of local schools and sporting organisations. We will continue our commitment to support the Victorian Education Learning Standards and local community groups.

Our qualified team of recreation professionals are friendly and enthusiastic which creates an enjoyable and safe environment for groups and individuals. Our aquatic instructors hold an AUSTSWIM Teacher of Swimming and Water Safety qualification (or equivalent industry accreditation).

Facility

The Geelong College Recreation Centre was opened in November 1999, to provide a high quality aquatic training, recreation and competition venue for the students, staff and community of The Geelong College. The Aquatic Centre consists of an indoor, 8 lane, 25 metre, variable depth pool, with diving area including 1 metre and 3 metre diving boards.

The pool can cater for a number of aquatic activities at once and is suitable for lap and squad swimming, learn to swim, water polo, diving and synchronised swimming. The pool is treated with an advanced filtration chemical system, giving it a water quality of the highest standards.

The Centre is located at The Geelong College Senior School campus, Aphrasia Street, Newtown.





School Aquatic Program

1. **Swim and Survive Education Program:**

The Geelong College Recreation Centre offers excellent facilities for the teaching and learning of fundamental swimming skills. The Geelong College 'Swim and Survive' program is licensed through the Royal Life Saving Society of Australia.

Program summary

- The Geelong College Recreation Centre instructors are qualified and experienced AUSTSWIM teachers.
- The program focuses on two key elements; water safety and stroke technique. The levels in the program include a balance of swimming, survival skills and a range of stroke improvement exercises for all experience levels.
- Our class ratios are designed for effective teaching and optimal learning.

Ratios:

Beginner

Level d1 – 2 1:6

Intermediate

Levels D3 – 4 1:6

Advanced

Levels 5, 6, 7, Junior Squad 1:8

- Minimum employment time for teachers is two hours, therefore the whole program length must be at least 2 hours.
- Programs to be conducted between 9.00am – 12.45pm only.

Duration of each individual session can be 40 min, 45 min, 50 min or 1hr.



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- Schools must inform us of what type of program they are conducting, if they are not using the swim survive program.
- Special Needs Students - To assist us in the development of your program it is important that you provide as much detail about Special Needs that you have attending the program, including: Nature of disability/s, if a carer is going to be in the water, when the client is attending, specifically which session, and What you want the students to achieve? E.g. Fitness, Rehabilitation, safety and survival.
- The Centre must be notified if a child has a medical diagnosis that may affect his/her performance in the Swimming Program.
- Student numbers must be entered into the attendance record booklet situated on the small table, on entry to the centre.
- A designated 'Teacher in Charge' will be required from your school to be on pool deck at all times to assist in any issues that may arise. This staff member needs to report to the Duty manager at the centre before commencement of the program.
- All parents, spectators, and helpers must sign in upon arrival
- School teachers are also required to keep parents away from the pool edge at all times.
- Day 1 and 2 of the program The Geelong College Recreation Centre Staff will rearrange students into their correct levels. After that time it may be necessary for the designated 'Teacher in Charge' to assist in transporting a child to another group.
- It is recommended that your school provide First Aid during your program and have a First Aid Kit on hand. The Geelong College Recreational staff will provide Assistance for all First Aid cases.
- The Geelong College Recreation Centre has a policy that states all swimmers must wear swimming caps. Due to health regulations caps and goggles cannot be borrowed from The Geelong College Recreation Centre. Both can be purchased at the Rec Centre.
- No photography to be taken unless prior arrangement with Management.
- WWCC is recommended for all school helpers
- Grades 4, 5 & 6 will be assessed for the Victorian Water Safety Certificate.





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2019 Prices

Learn To Swim Teachers	\$45.00 Per hour
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The Geelong College Recreation Centre 'Swim & Survive' Program Entry Fee	Primary \$4.20 Secondary \$4.50
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Prices will increase as at the end of the financial year

Provided to assist you with your booking:

- A Checklist
- Grade list
- Quick Assessment
- Sample Letter

Contact Person

Sue Gook
The Geelong College Recreation Centre
Newtown, Geelong 3220

Ph: 52263129

Email: sue.gook@geelongcollege.vic.edu.au





School –

To ensure that your program runs efficiently, below is a checklist for you to tick off.

Procedure	Completion Date	Completed
1. Check availability of your preferred dates and times with Sue by phone or email.	At conclusion of previous program	
2. Complete the facility booking form with estimated numbers of students and teachers. Include your certificate of currency.	https://www.geelongcollege.vic.edu.au/community/recreation-centre/recreation-centre-hire-application	
3. Notify parents to gain information of their child's level. Have a final cut-off date *		
4. Full names of all students participating, listed in their appropriate level to be sent via email to Sue, with any medical or behavioural issues stated.		
5. Inform Sue of any tweaking. Any major changes will not be accepted at this late stage.		
6. Groups will be sent to you before you commence. Please let students know their animal group before they come, to save time.		





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Surname	First Name	Student Grade	Swim Level	Comments





QUICK ASSESSMENT			
LEVEL	TO GO INTO THESE LEVELS	YES	NO
D1	Limited experience		
	Doesn't go under		
1	Goes under		
	Assisted 3m torpedo		
	Assisted 3m kicking on back		
D2	Front and back float		
	3m Torpedo		
	5m back kick with board		
	3m swim underwater arm action		
2	5m freestyle no coordinated breathing		
	5m backstroke		
D3	10m freestyle basic side breathing		
	10m backstroke correct body position		
	5m survival backstroke kick		
	30 sec survival swimming - I min float aid		
3	Float in deep water front & back		
	15m coordinated side breathing		
	15m backstroke continuous arm action		
	10m survival back		
	5m breaststroke kick		
4	25m freestyle correct technique		
	15m survival backstroke correct technique		
	25m backstroke correct technique		
	10m breaststroke kick symmetrical action		
5	50m freestyle correct technique		
	50m backstroke correct technique		
	25m survival backstroke correct technique		
	15m breaststroke correct technique		
6	100m continuous & correct (25 freestyle, 25 survival backstroke, 25 backstroke, 25 breaststroke)		
7	200 continuous all strokes correct technique (fs, bk, survival bk, brst)		
	Starting butterfly		





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Dear Parent/Guardian,

RE: Learn to Swim Program

Our school will be conducting our intensive Learn To Swim program at The Geelong College Recreation Centre from to

Please complete the following to help us finalise the program:

Child's name: _____

Age: _____ Year level: _____

Is your child currently enrolled in a Learn To Swim program? Y/N

If so where? _____

What level is your child? _____

Emergency contact details:

Name: _____ Relationship to child: _____

Contact number (mobile preferred): _____

Does your child have any medical issues/problems that may affect his/her swimming progress?
Y/N

If yes, please provide details: _____

The Geelong College Recreation Centre has a policy that states all swimmers must wear caps, goggles and adequate swimwear. Please ensure your child has these each day of the program. Should you need to purchase goggles or caps the Centre sells caps for \$10 and goggles from \$15 – \$30

