

# Learn-to-Swim at The Geelong College

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## Introduction

The Geelong College Recreation Centre Learn-to-Swim program is one of the foremost swim schools in the Geelong region. We pride ourselves on our program delivery, with passionate staff that are committed to providing a safe and positive environment to all members of our community. Our facilities are well maintained and provide a healthy, clean environment.

We have a program that will suit your child's ability, with four types of programs at the centre: Swim and Survive Learn-to-Swim program, Intensive Learn-to-Swim, Squad programs and Adult Learn-to-Swim.

Our goal is to develop each swimmer to:

- Be water-confident
- Have knowledge about water safety
- Have survival skills
- Learn correct swimming technique
- Increase fitness and endurance

We have also the unique opportunity to provide a learn-to-dive program that teaches children the skills of diving on our 1m and 3m board. We provide Level 1 diving coaches for this program, with the aim of developing students into competition divers.

## Our Mission

Our goal is to instil a lifelong relationship with the water by providing high quality, developmentally sound instruction in a fun, safe environment while emphasising outstanding customer service.

We will instil a lifelong connection with the water by promoting a love of the water, building confidence in aquatic skills, and establishing a secure foundation for water safety and personal fitness.

We will provide outstanding customer service by keeping our customers informed, listening to and understanding their needs and concerns, valuing our relationship with them, and making them feel welcome.

## Contact

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Newtown, Geelong 3220

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# Learn-to-Swim at The Geelong College

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## Learn-to-Swim Levels

### D2 30min

- Perform a slide in entry and exit the water using the edge. May be assisted.
- 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 (kickboard optional).
- Swim 5 metres freestyle with no coordinated 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.
- Swim through a submerged obstacle.

### L2 30min

Perform a slide in entry and exit using the edge.

Float on the front and back in deep water with instructor assistance.

Demonstrate treading water arm sculling action, supporting the body in an upright position.

Demonstrate treading water leg action using flotation aid for support.

Swim 10 metres freestyle with basic 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:

a) Survival sculling for 30 seconds

b) Floating for 1 minute, holding a flotation aid and then kick to safety.

Submerge and recover an object from water of chest depth.

Demonstrate a sitting dive (may be assisted).

Be pulled through the water with a rope for 5 metres to safety.

Answer questions about dangers in the aquatic environment



# Learn-to-Swim at The Geelong College

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## **D3 30 min**

- Perform a slide in entry in deep water and exit from deep water.
- Float on the front and back in deep water without instructor assistance.
- Scull head first on the back.
- Swim 15 metres freestyle with coordinated side breathing.
- Swim 15 metres backstroke with continuous arm action.
- Swim 10 metres survival backstroke with under water arm recovery.
- Demonstrate 5 metres breaststroke kick.
- Tread water in a vertical position keeping head above water for 30 seconds.
- Surface dive and recover an object from water of chest depth.

## **L3 30 min**

- Scull head first on the back in a streamlined body position.
- Swim 25 metres freestyle using correct technique.
- Swim 25 metres backstroke using correct technique.
- Swim 15 metres survival backstroke using correct technique.
- Demonstrate 10 metres breaststroke kick (symmetrical action).
- Demonstrate the following continuous sequence:
  - Survival sculling or treading water for 1 minute
  - Swim for 1 minute, holding a flotation aid.
- Surface dive, swim underwater and recover an object from water of chest depth.
- Demonstrate a kneeling dive.
- Using a rigid aid pull a partner to safety.
- Answer questions about dangers in the aquatic environment.

## **L4 30 min**

- 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.
- Dressed in swimwear, shorts and t-shirt, demonstrate the following sequence:
  - Sculling, floating or treading water for 2 minutes
  - Swim slowly for 3 minutes, changing survival strokes after each minute.
- Float for 1 minute using an open-ended flotation aid.
- Surface dive, swim underwater and recover an object from water depth equivalent to the candidate's height.
- Demonstrate a crouch dive.
- Throw a rescue flotation 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.



# Learn-to-Swim at The Geelong College

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## **L5 30 min**

- Safely perform a fall in entry and exit from deep water.
- Demonstrate a forward somersault in the water.
- Demonstrate the eggbeater kick. Arms or a kickboard may be used for support.
- Swim 100 metres continuously using correct stroke techniques:
  - 25 metres freestyle
  - 25 metres survival backstroke or sidestroke
  - 25 metres backstroke and
  - 25 metres breaststroke.
- Dressed in swimwear, long pants and long- sleeved shirt, perform the following continuous sequence:
  - Survival sculling, floating or treading water for 4 minutes
  - Perform a feet first surface dive and swim underwater for a short distance
  - Swim slowly for 6 minutes using three survival strokes, changing strokes after each minute. Clothing may be removed.
- Correctly fit a PFD, enter the water using a compact jump, float for 30 seconds and then climb out of deep water.
- Demonstrate a shallow dive.
- Perform a reach rescue using a rope, towel or item of clothing.
- Answer questions about dangers in the aquatic environment.

## **L6 30 min or pre-squad 45 min**

- Perform a stride entry.
- Demonstrate a backward somersault in the water.
- Demonstrate eggbeater kick with sculling.
- Swim 200 metres continuously using correct stroke techniques:
  - 50 metres survival backstroke or sidestroke
  - 50 metres backstroke
  - 50 metres breaststroke and
  - 50 metres freestyle.
- Dressed in swimwear, long pants, long-sleeved shirt and jumper, perform the following continuous sequence:
  - Enter deep water using a feet first entry
  - Submerge feet first, swim underwater on back looking up at the surface
  - Swim 50 metres quickly as if escaping from a dangerous situation and then swim 50 metres slowly
  - Float using a buoyant aid for 1 minute
  - Swim slowly demonstrating survival strokes for 6 minutes
  - Scull, float or tread water for 3 minutes waving for help intermittently. Remove clothing in deep water.
- Correctly fit a PFD while treading water and then swim 25 metres using survival strokes. Climb out of the water.
- Perform a throw rescue using an unweighted rope over a distance of 6 metres.
- Answer questions on water safety and personal survival techniques.



# Learn-to-Swim at The Geelong College

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**Pre-Squad** is the first Squad beyond the Learn-To-Swim Program. As such, it begins the transition from “teaching” to “coaching”. The focus is to continue swimmers’ development in all four strokes, with both a view to ensure they are proficient in these strokes, and also to give them a basis for participation in competitive swimming if they choose.

The emphasis is to improve technique in all strokes, including starts and turns, and introduce basic skills and knowledge to assist in competitive performance.

## **Adult Learn-to-Swim Program**

The Geelong College Adult Learn-to-Swim Program is aimed at teaching adults fundamental swimming and water safety skills.

Catering for a wide variety of individual needs, instructors are able to tailor each class to suit the students’ learning requirements and pace, whether you are having lessons for the first time and would like to be safer around water or are a competent swimmer needing stroke correction.

There are four levels available in our Adult Learn-to-Swim Program. Our staff will guide you through your paces to provide optimal learning for every individual.

### **Adult Introduction**

This level is designed for people with little or no experience in the water and who want to improve confidence levels in and around the water. These classes provide an understanding of the basic foundation skills required for water awareness, aquatic safety and swimming, such as safe entries, submerging, floating, kicking and breathing.

### **Adult Beginner**

This level is designed for people with some experience in the water, who would like to improve their confidence levels in and around the water and their swimming ability. These classes will provide an increased understanding of the basic skills required for water awareness, aquatic safety and swimming, such as improved kicking technique, introduction to deep water, basic freestyle and backstroke technique, and it will enable swimmers to swim at least 12 metres of proficient freestyle, backstroke and survival strokes.

### **Adult Intermediate**

This intermediate level is designed for people with basic swimming and water safety proficiency who want to extend these skills. The classes provide tuition in stroke development, timing and breathing, and include water safety skills such as treading water and further developing survival strokes. The outcome of this course is to be able to swim proficient freestyle, backstroke, breaststroke and survival strokes for at least two laps.

### **Adult Advanced**

This advanced level will further extend participants’ swimming endurance levels and refine stroke technique and sculling, to better ensure safety levels in a variety of different aquatic environments. It has an extended class time of 45 minutes to 1 hour.



# Learn-to-Swim at The Geelong College

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## Learn to Dive at The Geelong College

The Geelong College Learn-to-Dive classes are for children interested in exploring the sport of diving.

The program is designed to encourage children to develop the basic skills of diving and suitably prepare them for their annual school diving competitions.

All lessons are conducted in a fun, safe environment supervised by qualified coaches.

The program is suitable for both primary and secondary-school-age children, although an initial readiness trial will be conducted to assess prospective students' physical ability, comprehension and safety awareness.

### Entry Requirements

- Minimum age of 8 years old
- Interest in diving
- Ability to swim 25m unassisted in deep water
- Ability to easily understand and follow verbal instructions
- Awareness of safety in regards to self and others
- Gymnastics, trampoline and dance experience is an advantage

### Sessions

During school terms:

Monday 4.45pm – 5.45pm

Tuesday 4.45pm – 5.45pm

Friday 4.00pm – 5.00pm

Subject to change term-by-term.

Maximum of 8 divers per class

Duration: 1 hour

### Levels

The Learn to Dive program has three levels: Beginner, Intermediate and Advanced.



# Learn-to-Swim at The Geelong College

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## Terms and Conditions

### General Conditions

All pool patrons must abide by the Aquatic Areas Conditions of Entry displayed by the pool access gate.

All patrons entering the pool must scan their membership card as they proceed through the gates.

**Supervision Policy** - All children under 12 must be ACTIVELY SUPERVISED at all times by a parent/guardian.

They MUST BE clearly and constantly visible and remain directly accessible by a parent/guardian.

Children under 5 MUST BE accompanied into the water by a parent/guardian and remain within arm's reach.

Unsupervised children (of any age) will be removed from the water if the lifeguard is concerned for their safety.

**Public Holidays** - The centre is closed for public holidays consequently lessons will not be available.

### Swim School Conditions

On purchase of a Swim School **term** package, whether this be diving, swimming lessons or swimming squad, students will be referred to as "Swim School Members".

**Swim School Membership Cards** - All Swim School Members are initially supplied with a green membership card to scan into the pool. Not only does this card operate access control, it logs the student's lesson attendance for the day.

This membership card can only be used to gain access to the facility for the lesson/s that the student is enrolled in. It deactivates at the conclusion of each term and is reactivated at the commencement of the following term when payment for lessons has been made.

If lost or misplaced, replacement membership cards can be purchased for \$2.00.

**Noticeboard** - The mobile whiteboard situated at the shallow end of the pool is used as a noticeboard for all swimmers/divers and their families and should be looked at each week to keep up to date with the news.

**Re-enrolment Week** - One week each term, usually week 7, is a week set aside where all Swim School Members are required to re-enrol for the following term. This is completely the



# Learn-to-Swim at The Geelong College

Be of  
**COURAGE**



parent's responsibility and a position cannot be guaranteed if this process is not followed on time.

An email will be sent to each family the week before re-enrolment week as a reminder.

Re-enrolment forms accompanied with a minimum non-refundable deposit of \$20 per class per student is required. The remaining fees are required during the first week of each term.

Full payment upfront during re-enrolment week is encouraged.

**New Students** - Due to limited positions available in the learn to swim program new students will have the opportunity to apply for a position on the waiting list. The waiting list application can be found on The Geelong College web page, <https://www.geelongcollege.vic.edu.au/>

The LTSC will make contact for an assessment when a potential position becomes available.

This waiting list will cease at the conclusion of Term 1 of each year. Any families who are on the list at this time will need to reapply. This is a necessary process to avoid having a waiting list full of families who no longer require lessons.

**Intensive holiday program** students will be offered the opportunity to register their request on the waiting list as a priority.

**Assessment & Progression** - All Learn-to-Swim classes follow the Royal Life Saving Society Swim and Survive Program where the Active levels form the goals for the program. The program covers swimming technique, water safety and survival.

The Learn to Swim assessment process is ongoing. It begins in week 2 of each term where the groups are assessed for compatibility and children may be changed to another group if the ability within is diverse.

Teachers continually assess individual skills throughout the term and record on an assessment sheet once completed.

To maintain consistency the Learn to Swim Coordinator (LTSC) will assess the students stroke technique from pool deck during weeks 4, 5, 6 and 9 and discuss with the teacher, individual requirements needed to progress to the next level.

As students' progress through the levels they will be awarded a certificate and a photo will be taken to use for display on the noticeboard. This photo can be obtained at the conclusion of the following term. Please notify us if you do not want a photo taken of your child.

When a student progresses, it may be necessary to make changes to their current booking, be it class day, time or teacher. This will always be done in consultation with the student's Parent/Guardian.



# Learn-to-Swim at The Geelong College

Be of  
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## Time frame of a typical term:

<b>Week 1</b>	- Payments for the term taken at LTS office window - Swimmers and teachers settle into their new Term's classes
<b>Week 2 &amp; 3</b>	- Groups are assessed for compatibility
<b>Week 4, 5,6</b>	- LTSC on deck assessing
<b>Week 6</b>	- Email sent to parents regarding re-enrolment the following week
<b>Week 7</b>	- Re-enrolment week - Swimmers/divers re-enrolling for same day same time classes placed into program
<b>Week 8</b>	- Safety Week - Swimmers requesting time and day changes placed into program
<b>Week 9</b>	- LTSC on deck assessing - Swimmers requesting time and day changes placed into program
<b>Week 10</b>	- Classes finalised for all students currently in the program - Process of filling positions with families from the waiting list will commence and continue during the School holidays.

**Missed Lessons** - To minimise lesson disruption, The Geelong College Recreation Centre does not offer make up lessons.

For medical missed lessons a medical certificate and a credit request form must be supplied within 1 week of the first absence. To obtain a credit for an absentee the LTSC must be given 24 hours' notice of the absence. Preferable contact is by email.

**Contact details** - Please ensure your contact details are up to date so you don't miss centre communications.

**Parent/Guardian & Teacher Supervision During Lessons** - During a lesson, the supervising parent/guardian and Swim School teacher will share responsibility for the student's safety in accordance with the centre policy above.

In order to uphold this shared responsibility, it is necessary that the parent/guardian be easily contactable by the teacher. Naturally, that makes leaving the facility prohibited

**Teacher Supervision During Emergencies/Evacuation** - Teachers and staff of the Centre have a responsibility to take reasonable steps to protect students from risk of injury, including those that may be encountered beyond the class.



# Learn-to-Swim at The Geelong College

Be of  
**COURAGE**



In the event of a Centre-wide emergency or evacuation, the teacher will assume responsibility for the class being taught. After securing the safety of their class to the designated assembly point, the teacher may assist other wardens or first-aiders in their emergency roles.

If parents are present during the emergency or evacuation, we ask that they accompany the class as opposed to removing their child from the teachers care prior to the designated assembly point.

**Inquiries or Issues** - We ask that parents allow teachers to reasonably supervise their children during the lesson and not approach the teacher or child during lesson time. If the teacher requires intervention, they will seek assistance from the parents at a time that least inconveniences the class.

Teachers have no time scheduled for communication between lessons. A suitable time should be arranged with the LTSC should a parent require feedback or need to discuss any issues or concerns.

Parents who wish to leave feedback for the Swim School are invited to do so directly with the LTSC

**Teacher Consistency** - Here at The Geelong College Recreation Centre, teachers are rostered in 10-week blocks with a view to achieving a level of teacher consistency. While we strive to provide your child with a consistent teacher and class, at times this is not possible due to unforeseen illness and other unavoidable circumstances.

**Water Safety Week** - Water Safety is an integral part of the Swim & Survive Program. At times we will ask students to wear suitable clothing over their bathers to simulate and experience real life survival scenarios.

**Parking** - Vehicles parked on School premises are at the sole risk of the Responsible Person or Participant (as the case may be) and the School accepts no liability for loss or damage to such vehicle or its contents.

**Lost Property** - If items left at the Pool are not claimed within one month the items will be donated to a local charity. If the Responsible Person requests items left to be posted to the Responsible Person, we will do so at the Responsible Person's cost.

