



# Swim Programme

## 2009 – 2010

### Adults/Ex-Students\*

#### Saturday Stroke Correction Class

**8 x 30 min Lessons per Term: Saturday either 9.30am to 10.00am or 11am to 11.30am (to be advised once numbers are confirmed)**

For Parents - beginner swimmers through to those who want to improve their skills under supervision from qualified coaches.

The aim is to provide an environment where parents can develop beyond their current swimming ability. For some this will mean water confidence and learning key swimming strokes. Others may need stroke correction or simply a chance to build up stamina to swim laps. Swimmers of similar skills will be in lanes together.

#### Masters/ Open Water Squad

**60 min Sessions: Monday to Thursday 6:30pm to 7:30pm; Friday morning 6:30am to 7:30am**

One hour of strenuous training swimming between 2 and 4kms per session. Appropriate for parents, teachers and ex student (High School). Attendance is up to you...come once week or 5 times a week.

Participants should be competent in all strokes, dives and turns.

Fees	2 Terms	1 Term Only
Saturday Stroke	\$240	\$120
	Season Pass	Term Pass
Masters Squad	\$200	\$150

\*Ex Students High School. Ex Students Y5 & Y6 can join in regular Squads

#### How to Enrol

It's easy... just go to

[www.lpspandc.org.au](http://www.lpspandc.org.au),  
and select "Activities" then  
"Swimming Program".

All enrolments must be made  
through the on-line service and we  
encourage electronic payment.

You will automatically receive a  
confirmation and receipt of your  
application by email.

If you have any difficulties please  
contact;

#### Enquiries

Tracey Browne:  
[traceybrowne@adslirect.com.au](mailto:traceybrowne@adslirect.com.au)

If you must pay by cash or cheque  
please enclose payment in an  
envelope marked Attention/Tracey  
Browne and place in the Sports  
Committee locked box located in  
the Office Building near the  
Teachers Staffroom.

**Cheques made payable to: LPS  
Sports Committee.**

Refunds are given only at the discretion  
of the organisers.

#### Session Dates

<b>Term 4 2009</b>	<b>Mon 19/10/09 – Fri 11/12/09</b>
<b>Term 1 2010</b>	<b>Mon 01/02/10 – Fri 12/03/10</b>

Classes are subject to change depending on demand.

*Need More  
Information....* [www.lpspandc.org.au](http://www.lpspandc.org.au)

## Conditions of Participation 2009 & 2010

### Conditions of Pool Usage

- **Children must swim at their allocated time only.** It is not possible for missed classes / squads to be made up at other times. There will be no refund of fees for non-attendance at classes / squads.
- **Children should arrive at the pool no less than 5 minutes before commencement of their class / squad.**
- **Swimming caps must be worn in the pool at all times.**
- **Classes will be conducted in all weathers (except for thunder and lightning) as the pool is heated.**

### Pool Safety

- **Children must not be left unsupervised at the School before or after swimming lessons.**
- **Failure to observe this rule will not be tolerated and parents will be contacted by the School. Please make necessary arrangements for care at Lindfield Activity Centre or with another adult.**
- **Dropping off and picking up children:** To ensure the safety of the children, it is recommended that parents bring their children to the pool area, rather than dropping them off outside the School gates. Similarly, it is recommended that parents pick up their children from the pool area at the end of their lesson/squad. **The coaches and teachers are only responsible for your children during their lesson.**
- Safety in the pool area and in the immediate surrounding areas is of paramount importance. Parents, spectators and young children are requested to **sit outside the pool area** and to refrain from speaking to swimmers whilst the class is in progress.
- **Only swimmers and the swim teachers are permitted in the pool area.**
- **No food or glass bottles are allowed in the pool area.**

### Behaviour Policy

- The ***School's Code of Behaviour*** applies during Learn-to-Swim Intensive and Squad classes. A copy of this Code is available from the School Office.
- In enrolling your child, both parents and the child swimming agree to abide by this Code. Parents need to discuss with their children the importance of being co-operative, listening carefully and being well-mannered at all times.
- The swim teachers have been instructed to send disruptive swimmers from the pool.
- Persistent, disruptive behaviour may well result in denial of further lessons. No refunds of fees will be made in this case.