



# Swim Program Summer 2009 – 2010

## Learn to Swim 3 Week Intensive

Our unique *Learn-to-Swim 3 Week Intensive* programme is designed to ensure your child's skills noticeably improve over the duration of the session.

The aim is to teach confidence, enjoyment and safety in a water environment. We endeavour to have four children per teacher where the focus is on developing good technique across all the competitive strokes plus diving from the blocks and learning those tricky tumble turns.

Classes are run over five separate periods, known as sessions A, B, C, D & E. Session A goes for 2 weeks while sessions B, C, D and E are 3 weeks in duration.

Children are encouraged to attend class every day, Monday to Friday, of each session. This allows the child to build his/her swimming skills in a short period of time and ensures each teacher becomes keenly aware of your child's abilities and the development required.

### Lesson Times

3:10pm – 3:35pm:	<b>Bubbles</b>
3:35pm – 4:00pm	<b>Nemo</b>
4:00pm – 4:30pm	<b>Scrambled Eggs</b>
4:30pm – 5:00pm	<b>Fish 'n' Chips</b>

(Definitions can be found on the website; however, the Coach decides your child's level on grading day).

### Grading Day

All children must attend grading day for their session. Lesson times will be allocated by the Coach depending on skill level.

<b>Session A</b>	<b>Monday 19<sup>th</sup> October at 3.00 pm</b>
<b>Session B</b>	<b>Monday 3<sup>rd</sup> November at 3.00 pm</b>
<b>Session C</b>	<b>Monday 24<sup>th</sup> November at 3.00 pm</b>
<b>Session D</b>	<b>Monday 2<sup>nd</sup> February at 3.00 pm</b>
<b>Session E</b>	<b>Monday 23<sup>rd</sup> February at 3.00 pm</b>

Note/ Grading Days are instead of the first lesson of each session.

### Fees

<b>Session A</b>	<b>2 weeks</b>	<b>\$120</b>
<b>Sessions B,C,D &amp; E</b>	<b>3 Weeks</b>	<b>\$180</b>

### 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.

For enquiries please contact;

Caro Ayles  
[ayles1@bigpond.com](mailto:ayles1@bigpond.com)

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

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

No Refunds will be given.

### Session Dates

<b>Session A</b>	<b>Mon 19/10/09 – Fri 30/10/09</b>
<b>Session B</b>	<b>Mon 02/11/09 – Fri 20/11/09</b>
<b>Session C</b>	<b>Mon 23/11/09 – Fri 11/12/09</b>
<b>Session D</b>	<b>Mon 01/02/10 – Fri 19/02/10</b>
<b>Session E</b>	<b>Mon 22/02/10 – Fri 12/03/10</b>

Children can be enrolled in as many Sessions as you wish.

## 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.