

Swim Logic

'Providing life skill opportunities to people in regional areas with Quality, Passion and Expertise in Recreation & Sport'



How did you hear about The Swim Logic Swim School?

CHILD'S NAME:	Child 1 <i>Male/Female</i>	Child 2 <i>Male/Female</i>	Child 3 <i>Male/Female</i>
Date of Birth & Age:			
Phone:			
Address:			
Parents/Guardians names			
Email:			

<u>MEDICAL DETAILS</u>	C1	C2	C3
Does your child suffer from:			
• Asthma	Y/N	Y/N	Y/N
• Allergies	Y/N	Y/N	Y/N
• Epilepsy	Y/N	Y/N	Y/N
Does your child have any disabilities or learning disorders	Y/N	Y/N	Y/N
Please list any relevant medical details: _____			

Preferred Days: _____			
Swimming Experience: _____			

Swim Logic Policy Agreement and Media Consent



Congratulations on your decision to further your child/children's swimming development and thank you for choosing Swim Logic as your swim school.

This form must be completed, signed and returned to Swim Logic in order for your child/children to participate.

As the Parent/Guardian of

I have read and understand the following document/s (please tick all that apply to you) and agree to pay all fees for which I am liable.

- Swim Logic Swim School Policy (for Learn to Swim and Baby/Toddlers)

- Swim Logic Squad Policy

I am aware that policies are subject to change at any time, with the signed agreement relating to the most recent version of the policy.

Media – Informed consent for the use of an image

I consent/do not consent to the taking of photograph(s)/video(s) of my child/children at the Atherton Swimming Pool from ___/___/___ and any subsequent use of my child/children's image for the purpose of promotional activities.

I consent/do not consent to the use of these images on the Swim Logic Website.

If I wish to withdraw my consent, I am aware that I must inform Swim Logic in writing of this.

Parent/Guardian's name: _____

Signature: _____

Date: ___/___/___

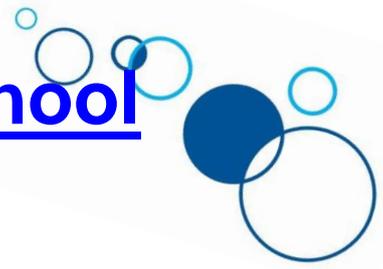
Office Use Only

Received by:

Initial:

Date:

Swim Logic Swim School



Information

Welcome to the Swim Logic Swim School. The information below is important in understanding how the swim school operates. Please familiarise yourself and contact the Swim Logic team if you have any questions about any of the information included.

Class Booking

- Your class booking is a permanent booking and is automatically carried over each term & year unless you notify us of changes or cancellation (taking a break).
- Your class is booked each week on the same day and time.
- 2 weeks cancellation notice is required when cancelling a booking once term has commenced.

Payments

- Term fees are paid on a quarterly basis.
- Each term, fees will be reflected by the number of weeks in the given term.
- Term fees must be **paid in FULL prior to the start of the first lesson to be able to swim.**

Discounts Available

- Family discount - 15% discount applies for 3 or more children booked into the Swim School and or Squad.
- Early bird discount – Pay your fees 2 weeks prior to the end of term to receive your early bird discount on the following term.

PLEASE NOTE: FEES ARE NOT REFUNDABLE

Absence from class

- To cancel a lesson, you must call the office **prior to the start** of your scheduled lesson. You will then be entitled to a Make-up lesson or family pass for this cancelled lesson.
- Failure to pre-cancel your class is a missed lesson and NO make-up or family pass will apply. You are still liable for fees of missed lessons.
- Over the term period you are entitled to a maximum of 4 make-up lessons. After this you can take family passes only.
- Should a suitable make-up lesson not be available at the time of cancellation, you are responsible for checking with kiosk staff until a make-up lesson can be organised.
- A cancelled or unattended make-up lesson will not be rescheduled. You may take a family pass in this circumstance.
- At time of booking your make-up, you may only book up to 1 week ahead.

General Information for all

Children in lessons are welcome to stay and swim as long as they like after their lesson. Any other persons not booked into lessons **during that session** must pay pool entry to swim. It is preferred that you do not allow your child to swim before their lesson thus ensuring maximum benefit is received from their lesson.

- It is recommended that a swim cap be worn for all children with long hair. Swimming without goggles is an important safety skill, however many children learn more effectively during lessons if they are wearing goggles. These may be purchased from the kiosk.
- Lightning storms - Please call the kiosk to confirm if your lesson is on.
- **No student will be able to join the lesson after 10 minutes into start of lesson.** This is a missed class.
- Lessons are **run on pupil free days**; Lessons are **NOT run on Public Holidays**.
- Children are regularly assessed throughout each term by their teachers and upgraded as soon as the skills have been acquired for that level.

Supervision requirements at the Atherton Swimming Pool when not in lesson time:

- Children 0-5 years old – The child is to remain within arm's reach of the parent/guardian
- Children 6-9 years old – A parent should be close enough to make eye contact with the child and the child is to remain under constant supervision.
- Children 10-16 years old – Can use all outdoor pools following all pool rules. Entry to the indoor pool is not permitted unless being supervised within the enclosure by an adult 17 years or older.

Baby/Toddler

- All babies and toddlers not toilet trained must wear appropriate swimmers and or swim nappy which are tight-fitting around the legs/torso to prevent accidents in the pool (for hygiene purposes).
- All carers swimming with babies and toddlers are required to wear a swim shirt or t-shirt. This assists in teaching specific self-help and safety skills for your young child.

Learn to Swim

- Parents and carers are only to interact with the class if invited by the class teacher. You are welcome to watch all lessons however you are not to sit on the side of the pool edge next to the lesson area.
- 2 lessons per week are recommended for maximum progression in your child's swimming. It is also important to swim with your child outside your class time

Benefits – Why Swim Logic?

Swimming lessons provide benefits for children of all ages from birth up using positive methods of learning and reinforcement of skills. Children will benefit from entering swimming lessons at any age, however they will benefit and progress the most by starting early and continuing with swimming throughout their childhood.

There are many great reasons why your child/children should learn to swim, the most important being safety, however there has been recent research on the increase in development of literacy and numeracy skills for those children who learn to swim and continue to swim regularly.

Here at Swim Logic our swimming programs are designed to enhance the physical, emotional and psychological development of your child. The Swim Logic team regularly attends professional development to ensure we are up to date with all new developments and research associated with swimming and water safety, helping us to provide the highest quality teaching for your child.

Please note that each child develops and progresses at their own pace based on their personal physical, social and emotional development as well as their previous level of experience with water. Please do not compare children purely based on age.

Safety

The main cause of accidental death of young children in Australia is drowning. Swimming and Water Safety skills are integral to ensuring your children's safety in and around the many different water environments we have in Australia. Even very young children can learn basic safety and survival skills through regular participation in swimming lessons. Children develop respect for the water while familiarising themselves in a safe and supportive environment. Swim Logic incorporates safety skills into all lessons and each term we conduct a "Swim Safer" week. While lessons on these days may look like "just a bit of fun", however these lessons have a lasting impact on children, who will remember much of what is learned and practiced in the event of an emergency situation.

It is important to remember that swimming lessons alone do not protect children from drowning. Swimming lessons are one of four important levels of protection for your children; the others being Adult Supervision, Barriers and Emergency Action Plans.

More information about drowning prevention can be obtained from:

www.swimaustralia.org.au



Learn to Swim - Babies and Toddlers (with parent) 6 mth – 3.5 yrs

The foundations for swimming safety are imbedded in all Swim Logic Baby/Toddler classes and safety skills are reinforced in every class. Children are explicitly taught specific safety skills

such as returning to the side, safe entries/exits and back-floating in a positive environment. The Baby/Toddler program at Swim Logic has been developed to build good swimming skills while taking into account children's growth and development. The program uses parental involvement to teach and encourage swimming independence and readiness for the teaching of formal strokes in our Learn to Swim program.

How young can my baby start learning to swim?

Babies are born with a natural affinity for water. You can continue that natural affinity by bathing and swimming with your infant from birth. Formal baby classes at Swim Logic start at 6 months of age. This natural affinity dissipates around 15 months of age. Starting early will ensure your child maintains their natural affinity with the water.

How does swimming help me to bond with my baby?

Swimming is unique in that it provides direct physical contact between you and your baby or toddler. This can be a treat for many children to get one on one time to play and learn with their parents, particularly when there are other siblings in the family. It is also a great opportunity for Dad's or other adults within the family to have special regular time with your little one.

Why should my baby/toddler have swimming lessons?

World renowned swim teacher and coach, Laurie Lawrence describes four major benefits of teaching children to swim from a young age or birth:

One: Those children who have swimming lessons at an early age, if parents continue these lessons, will have better developed motor movement. In other words they can coordinate their motor movement much better than those who don't swim.

Two: Because these young children or babies are in lessons and they have to follow instructions, they improve their cognitive skills.

Three: A child who is involved in swimming lessons will develop their social and emotional skills further because they are involved with other children.

Four: Because they are being spoken to about their movement skills in the water and spoken to about colour, their language skills are developed.

How will I know what to do?

The swim Logic teaching team will guide you in all aspects of helping you and your child throughout the class; from how to hold your child, what words to use, why we include specific activities. They will also monitor your child's progress to ensure he or she is swimming in the correct class for their skill and developmental level.

What will my baby learn?

There are many skills that your baby or toddler can learn during swimming lessons. They will learn to be relaxed and comfortable in the water, they will learn breath control (being able to hold their breath under water), different ways of moving through the water, self-propulsion (using arms and or legs to move through the water), safe entries and exits, self-help skills such as pulling themselves up at the ledge or side of the pool and reaching for floating objects. One

of the most important things we want your child to learn is how to have fun in the water. Our baby and toddler lessons have some structured learning but are very play based to keep little ones interested and using their skills in a fun way. Please remember though, that each child progresses differently in the way and speed that they acquire skills and no two children should be compared.

When will my child be able to swim by themselves?

This will vary depending on each child and their swimming ability. Some children can swim up to 3 metres from as young as 2yrs of age, however there are a number of factors that are taken into account in determining readiness to progress into a Swim Logic Learn to Swim class and you will be required to stay in lessons with your child until they reach the age of 3.5yrs. Some children may still be better suited to a Toddler class even after attaining the age of 3.5yrs. Once your child is deemed by their teacher as ready to progress, they will move into a Yabby, Crayfish or Crab class depending on their skill level.

Learn to Swim – Independent (no parent) 3.5yrs+

These lessons are quite structured and children learn self-discipline in a fun environment and with similar aged peers. Children develop their co-ordination further and are taught skills that lead into all four formal strokes including freestyle, backstroke, breaststroke and butterfly as well as survival backstroke and diving. These are all skills that can stay with your child for life, providing fun and fitness for the long term.

Yabby, Crayfish, Crab (3.5 – 5yrs)

Swimming lessons provide opportunities for children to develop many skills that help provide readiness for formal classroom learning. Children develop excellent skills in listening, following instructions, taking turns and co-operating as part of a group, as well as communication with adults and their peers.

The major focus of lessons at this age is water confidence and safety including breath control, submersion, being able to return to the side and recover to a back-floating position to take a breath.

Jellyfish, Penguins, Stingray, Barra (5 – 6yrs) and Starfish, Turtles, Seals, Sharks (Primary School)

Jellyfish and Starfish are beginner classes with a similar focus on water confidence and safety as in our younger classes. Most children progress quickly to a Penguin or Turtle class for more independent swimming. Stingray to Barra and Seals to Sharks see children learn specific skills in stroke development and consolidation, while gradually increasing strength and distance. Water safety instruction continues throughout all classes.

Dolphins

Dolphins are our highest Learn to Swim level and lessons focus specifically on correct technique, distance and stamina. Participation in, and an understanding of water safety is a continued requirement at this level. Once children have demonstrated sufficient proficiency in

all 4 strokes (Back stroke, Breast stroke, Butterfly and Freestyle), they then progress on to squad level swimming.

Barra, Seals, Shark and Dolphins may also join the Atherton Swimming Club and participate in Club Nights and Carnivals. Children can swim in 12.5m, 25m and 50m events on Club Nights and may compete in 25m (8yrs and under) or 50m (9yrs and older) at Carnivals. These are great family oriented opportunities for fun and friendship. Please ask at the kiosk for more information regarding Squads, Swimming Club membership, Club Nights and Carnivals.