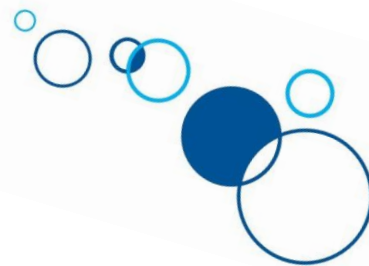


# Swim Logic Squad Information



## Booking/Casual Squad

There are two options for squad attendance; quarterly term booking and casual. You may change between the two as long as you inform a Swim Logic team member at the front desk **prior** to the start of the new quarter. All swimmers are responsible for and **MUST** sign themselves in at the beginning of each session at the front counter, whether they are quarterly or casual.

### Quarterly Term Booking

- Fees are charged on a quarterly basis from the date the individual commences the booking.
- Swimmers may attend all sessions for their squad level.
- Quarterly payments are due up front and run three months from the purchase date.
- A family discount of 15% applies for 3 or more children booked in to the Swim School and/or Squad term bookings. Casual bookings do not qualify for 15% discount.

### Casual Per Session

- Fees are charged \$15 per session attended.
- Swimmers may attend multiple sessions, however, will be charged for each session attended.
- Casual payments are to be paid on the day of the squad session being attended.

### Casual Squad Tickets Options (Valid for 12 months from purchase date)

- You may pre-purchase
  - 3 casual squad session pass for \$39
  - 10 casual squad sessions for \$110
  - 20 casual squad sessions for \$200
- Multiple children in your family can use these tickets. The book will be set up under one child's name.

## Absence from class

**Fees are non-refundable.** If you are planning to be away for any or all of the term, you may switch to casual payments for that term provided you inform us **prior** to the start of the term.

## Taking a break?

If you are choosing to take an extended break from squad, it is your responsibility to notify the Swim Logic Team. Term booking fees will continue to be charged until such time as we are notified. You will be liable to pay these fees.

## Swimming Club Registration

Swimmers may attend squad for 3 sessions after which time you are required to register online and become a financial member of the Atherton Swimming Club. Registration for the current season includes a registration fee of \$108 (\$88 if you are moving directly from Learn to Swim to Squad). This fee is payable directly to the Atherton Swimming Club and is

separate to coaching fees (which are paid to Swim Logic). Registration includes registration with Swimming Qld, Insurance through Swimming Qld and club membership.

## **Benefits**

There are many benefits of swimming within squads. Many children begin swimming lessons for the purpose of self-preservation; however those who continue to swim at squad level inevitably tend to play increased roles in saving other people, either in a formal job role or in recreational settings.

### **Immediate Benefits**

Regular swimming training helps to provide children with a foundation for a healthy life, increasing fitness over time and improving lung capacity which leads to greater success in other aerobic sports e.g. running, rowing. Swimming as a sport can be used as a platform for developing independence and personal responsibility in children through preparation of equipment and healthy food for training sessions, competitions and trips away. Children also learn skills and gain benefits from swimming that are highly applicable in other areas of their lives:

***“Swimmers have been found...to be high in such attributes as independence, confidence, leadership qualities, sociability, punctuality, self-discipline and are usually low in anxiety. The effect of swimming training on school work has led to most students claiming they are more awake at school and has led to an increase in grades.”*** (Quote by Dr John Hogg, University of Alberta, Canada pg. 30 ‘Swimming for Parents – *The Ultimate Education for Swimming Parents*’ 1<sup>st</sup> Edn. Chapter 1. by Gary Barclay)

### **Long term benefits**

Swimming as a sport establishes and develops many skills that will be useful throughout life. Many of the immediate benefits of swimming are skills that will stay with swimmers for life.

Personal attributes such as time management, teamwork, perseverance and persistence are important life skills that can be developed through swimming as a sport, which have long term benefits later in a person’s personal and professional life.

At Swim Logic we have a strong focus on personal growth through goal setting, personal achievements and team spirit. In competitive swimming children learn to manage both winning and losing. Children learn how to turn temporary setbacks into long-term gain; that in defeat there is also victory through improved times, achievement of short term goals or as a contribution to the team. Our coaching team provides a professional, supportive environment to help each child reach their potential, in and out of the pool.

The Atherton Swimming Club is also a great supportive community. Being a member of the Atherton Swimming Club allows you to be involved in Club Nights, Annual Swim Camp and Carnivals. These are all fantastic opportunities to set goals, achieve personal best times (PBs), participate in group activities, spend time with similar aged peers and are lots of fun for swimmers and their families. More information on the swimming club itself can be found on their website: <http://www.athertonswimmingclub.com.au/>

Information on benefits taken from: ‘Swimming for Parents – *The Ultimate Education for Swimming Parents*’ 1<sup>st</sup> Edn. Chapter 1. by Gary Barclay

A copy of this book may be borrowed from Swim Logic by parents for further reading. Please see Penny.