PRIVATE LESSONS

Private lessons are available at the centre but are not advertised on the timetable. One on one lessons are available in 15 and 30 minute blocks and can be as a one off or on a weekly basis.

Please ring the centre with any queries regarding private lessons.

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PARENT INFORMATION

Please bring your child to the teachers muster area at the beginning of class and collect your child at the completion of the lesson.

If your child has any medical details please advise your teacher on day 1 of the program.

Please be supportive of teaching staff by bringing your child to their lesson dry. We recommend any play swimming time be reserved for after the lesson to ensure more productive learning time within the lesson.

Parents and carers of children under 10 must remain on pool deck whilst their child is in their lesson.

Please be aware that the KEEP WATCH AROUND WATER age now applies to children under 5. If your child is under 5 years of age they must wear a "Keep Watch Around Water" band and be accompanied by a swimming adult. These bands are available at reception or from your swim teacher.

All children in the swim school are issued with a scan card for entry purposes. Please scan in at reception on your way into the centre every week. Any lost cards please enquire at reception for a replacement card.

The swimming fees includes entry into the centre for one parent.

Participants in the swim school receive re-enrolment priority and generally re-enrol in the last week of the swimming term.

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SWIM-TECH

A technique focused, one hour swim session every Monday, Wednesday and Friday at 6am in the outside pool.

A qualified swimming coach is on pool deck to help correct and improve your technique.

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<th>MONDAY</th>
<th>WEDNESDAY</th>
<th>FRIDAY</th>
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<td>6:00AM</td>
<td>SWIM-TECH</td>
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This session is an extension of the Learn To Swim programme. If you have a GLC Full or Swim membership, these sessions are included in your membership.

Casual users will need to pay pool entry fees plus Swim-Tech fee $5.
ABOUT US

The Geographe Leisure Centre’s Learn to Swim school believe that learning to swim and survive in all aquatic environments is an important and necessary life skill for all ages.

The centre offers a stage based swim program endorsed by the Royal Life Saving Society and caters for all swimmers from beginners through to squad swimming.

Infant and stage lessons 1 to 6 are run in the indoor heated pool with a temperature average of 29.7 degrees. Stage 6 lessons and above will utilise the heated outdoor pool when the weather allows.

Both pools are heated geo-thermally and therefore reduce power usage and the carbon imprint of the centre.

All of the teaching staff hold AUSTSWIM Teacher of Swimming and Water Safety qualifications and many hold qualifications in infant aquatics, competitive stroke and access and inclusion. All staff are fully trained in 2 operator CPR and hold a Working With Children Check.

AQUA BUBS 6-12 months

Aqua Bubs classes run in summer Terms 4 & 1.

Our infant swimming lessons teach you as the parent to assist your baby to feel relaxed and confident in the water. A gentle introduction to floatation and mobility skills.

Your child will develop socially and emotionally in our program. Class duration is 30 minutes.

TO TODDLERS 1-3 years

All classes run for 30 minutes.

Parents are in the water for the following classes:

1 – 2 year olds and 2 – 3 year olds.

These classes offer fun activities which lead to basic swimming and water safety skills through songs, play and exploration.

The 3.5 to 3.9 years Bridging Class is a preparatory class for children being in the water and class situation without their parent. Parents begin the term in the water and are phased out over the course of the term when the instructor feels that child is ready. Submersion, forward glides, back floats are introduced within these classes.

PRE-PRIMARY 4-5 years

PRE 1 Classes for children who are turning 4 during the duration of the term OR are already 4 years old. For many children these are their first swimming lessons, and there is no prerequisite for this stage. PRE 2 is also for 4 – 5 year olds who have passed STAGE 1 or PRE 1.

Please note that children in stage Pre 1 and Pre 2 are taught the same skills as Stage 1 and 2.

STAGES 1-12 5+ years

The Geographe Leisure Centre is Royal Life saving Society Endorsed Swim School and we follow their swimming continuum.

Stages include theory relevant to that stage and all swimming skills. All assessments are based on the ‘must sees’ set down by RLSSA and survival sequences must be completed in a competent manner. All strokes are covered and distances increased as your child progresses through the program.

Lessons run Monday to Friday afternoons beginning at 3.45PM. Limited stages are available Saturday mornings. All classes run for 30 minutes.

SQUADS Stage 5 +

The GLC offers 4 squad levels for the non-competitive swimmer. Our Squads focus on technique, fitness and endurance. Students are taught starts, turns and training drills to increase stroke efficiency. Entry into Marlinz is for children who have passed stage 5 within the GLC or Education Department swim program. Entry into the intermediate squads and above, is stage 8.

Beginner - Marlinz squad
Intermediate - Dolphins squad
Advanced - Stingray Squad
Experienced -Eels Squad

Children are progressed through the squads by the squad coach. Classes run for 40 minutes, fins & water bottles are required for all squads.