



SWIM SCHOOL

INFORMATION 2022



Lauriston
GIRLS' SCHOOL

Swimming at Lauriston

BENEFITS OF SWIMMING

Swimming is a great way to stay fit and healthy, as well as being a very important life skill. It is essential for our children to learn to swim so that they may enjoy the many benefits the Australian lifestyle has to offer in a fun and safe manner. Swimming is a great way to develop and maintain cardio fitness, make new friends and can be done all year round. It is also a great way to cross-train for other sports and activities.

LAURISTON AQUATICS PROGRAM

The Lauriston Aquatics program is suitable for children aged at least 4 years on commencement of lessons. Our program incorporates learning to swim the competitive strokes, and also water safety and survival skills. Our program caters for all needs, from the basic ability to be safer in the water, right through to competing at a high level.

The Lauriston program is based on the schools long term swimming development plan. Learning pathways from active to development of excellence.

LAURISTON AQUATICS STAFF

Classes at Lauriston Aquatics will have an AUSTSWIM or ASCTA qualified staff member in charge of the class. All staff undergo regular training and development workshops in order to keep up to date with the latest swim teaching standards and methods. Staff also have a minimum of a CPR qualification, with many also holding Senior First Aid, Lifeguard and Coaching qualifications. Our priority is to provide you and your child with the very best instruction and safety at Lauriston Aquatics.



CLASS TIMES

Learn to Swim	Monday	4:30pm	5.00pm	5.30pm		
	Wednesday	3.30pm	4.00pm	4.30pm	5.00pm	
	Thursday	3.30pm	4.00pm	4.30pm	5.00pm	
	Friday	3.30pm	4.00pm	4.30pm		
	Saturday	9.00am	9.30am	10.00am	10.30am	11.00am

Please note classes are subject to demand.

No lessons are held on public holidays or long weekends.

PRIVATE LESSONS

Private lessons may be available on request. Times and spaces are limited. Please contact Lauriston Aquatics Reception for further information.

HOLIDAY PROGRAMS

Classes are held subject to interest Monday to Friday of each week. Please contact Lauriston Aquatics Reception for further information.

FOR BOOKINGS AND INFORMATION

Phone: (03) 9864 7572 | Email: swimschool@lauriston.vic.edu.au

Levels and Requirements

Level	Focus	Skills
Starfish	Water confidence and kicking	<ol style="list-style-type: none">1. Slide In Entry - Monkey Crawl Along Wall - Exit2. Submerge With Bubbles3. Float On Front With Aid4. Float On Back With Aid5. Kicking On Front With Aid6. Kicking On Back With Aid
Clown Fish	Developing Arm Strokes & Deep Water Activities	<ol style="list-style-type: none">1. Freestyle With Board (10m)2. Backstroke With Board (10m)3. Float On Back & Front Unassisted4. Jump In & Return To Edge Unassisted5. Submerge & Retrieve Object6. Kneeling Dive - Push & Glide
Turtle	Independent Swimming & Intro to Fly/Breast kick	<ol style="list-style-type: none">1. Freestyle (15m)2. Backstroke (15m)3. Dolphin Kick (10m)4. Survival Backstroke & Sculling On Back5. Treading Water 30 seconds6. Standing Dive
Stingray	Developing Fly/Breaststroke	<ol style="list-style-type: none">1. Freestyle & Backstroke (25m)2. Breaststroke (15m)3. Butterfly (10m)4. Summersault5. Treading Water 45 seconds6. Standing Dive Off Blocks



Dolphin

Lap Swimming,
Technique & Turns

1. Freestyle, Backstroke, Breaststroke (50m)
2. Butterfly (15m)
3. Sidestroke (25m)
4. Tumble turn
5. Treading Water 1 minute
6. Racing Dive

Shark

Endurance Swimming
& Development of
Racing/Competitive
Skills

1. Freestyle, Backstroke, Breaststroke (100m)
 2. Butterfly (25m)
 3. Survival Swim (100m)
 4. Turns - All Strokes
 5. Treading Water 2 minutes
 6. Racing Dive - 25m Sprint
- *Fins allowed

Squad preparation sessions

Squad

Swimmers who attain Shark level can continue onto a squad program.

Program

For all squad enquiries, please email kewsc.secretary@gmail.com

Prices and Payment

2022 Program	One term
Swim School	\$215
Private Lessons	\$420

There will be no refunds for classes missed or cancelled by the client.

There will be one make-up lesson per term available to students who have missed a class during the same term, and given 24 hours notice. Advanced bookings through Lauriston Aquatics reception are necessary for these make-up lessons.

Payments are due before the commencement of the term, ie, by the due date of the invoice. If payments are not received by this time, you are not guaranteed a place on the same day/time as your current class. Students will be unable to attend classes if fees have not been paid.

After the payment deadline all remaining unpaid class vacancies will be opened up to new students. Payment for these class places must be made at the time of enrolment.

Enrolments can still be made after a term commences but will be subject to vacancies

Our preferred method of payment is Online via the Lauriston website (lauriston.vic.edu.au). Select 'Swim School Payment' from the quick links menu.

Payment can also be made in person at the Swim School.

A credit card surcharge of 1.0% (GST inclusive and subject to change) will be applied to the transaction at the time of making payment.

Terms and Conditions

- Responsible behaviour is expected from students at all times
- All students are expected to arrive in a timely manner for their classes
- All swimmers are required to wear appropriate attire when in the pool. A one-piece bathing suit must be worn for lessons, with no loose fitting items of clothing over the top. Board shorts are not to be worn. In levels one and two, students may like to wear a rash vest to help them keep warm in the water as they are not moving as much as in the higher levels
- Every student is required to wear a bathing cap whilst in the water
- Swimming lessons are just like any other lesson conducted at School and therefore should be treated the same
- All children under the age of 12 must be supervised by a responsible adult at all times. If you are bringing other children with you to watch the lessons please remember that they must be actively supervised at all times and are not the responsibility of Lauriston staff
- Valuables cannot be held at reception and no responsibility is taken for valuables left anywhere in the facility
- If a student is to miss a lesson for any reason Lauriston Swimming reception needs to be notified 24 hours prior to the lesson if you wish to participate in the end of term make-up lesson
- A maximum of one (1) make-up lesson is available each term. It must be taken within the same term as the missed lesson
- Make-up lessons cannot be swapped for family credit or refunds
- Fees must be paid in full at the time of booking to commence lessons for a particular time period
- Fees must be received in full during re-enrolment to guarantee your spot for the following term
- Payments can be made by cash (in person), or by Visa or Mastercard (in person or over the phone)
- No refunds will be made on any term payments
- Suspension will only be granted upon presentation of a medical certificate stating the dates of absence to the Lauriston Swimming Coordinator
- Any payments affected by a suspension will be held over in family credit indefinitely
- Management reserves the right to terminate the Lauriston Swimming membership of any person not complying with any of the list terms and conditions

2022 Dates

T1 - 8 WEEK TERM

Mon 7/2 14/2 21/2 28/2 7/3 21/3 28/3 4/4

Tues 8/2 15/2 22/2 1/3 8/3 15/3 22/3 29/3

Wed 9/2 16/2 23/2 2/3 9/3 16/3 23/3 30/3

Thurs 10/2 17/2 24/2 3/3 10/3 17/3 24/3 31/3

Fri 4/2 11/2 18/2 25/2 4/3 18/3 25/3 1/4

Sat 5/2 12/2 19/2 26/2 5/3 19/3 26/3 2/4

T2 - 8 WEEK TERM

Mon 2/5 9/5 16/5 23/5 30/5 6/6 20/6 27/6

Tues 3/5 10/5 17/5 24/5 31/5 7/6 21/6

Wed 4/5 11/5 18/5 25/5 1/6 8/6 15/6 22/6

Thurs 5/5 12/5 19/5 26/5 2/6 9/6 16/6 23/6

Fri 29/4 6/5 13/5 20/5 27/5 3/6 17/6 24/6

Sat 30/4 7/5 14/5 21/5 28/5 4/6 18/6 25/6

T3 - 9 WEEK TERM

Mon 25/7 1/8 8/8 15/8 22/8 29/8 5/9 12/9

Tues 26/7 2/8 9/8 16/8 23/8 30/8 6/9 13/9

Wed 27/7 3/8 10/8 17/8 24/8 31/8 7/9 14/9

Thurs 28/7 4/8 11/8 18/8 25/8 1/9 8/9 15/9

Fri 22/7 29/7 5/8 12/8 19/8 26/8 2/9 9/9

Sat 23/7 30/7 6/8 13/8 20/8 27/8 3/9 10/9

T4 - 8 WEEK TERM

Mon 10/10 17/10 24/10 7/11 14/11 21/11 28/11 5/12

Tues 11/10 18/10 25/10 8/11 15/11 22/11 29/11

Wed 12/10 19/10 26/10 2/11 9/11 16/11 23/11 30/11

Thurs 13/10 20/10 27/10 3/11 10/11 17/11 24/11 1/12

Fri 7/10 14/10 21/10 4/11 11/11 18/11 25/11 2/12

Sat 8/10 15/10 22/10 5/11 12/11 19/11 26/11 3/12

*No lessons held on public holidays or long weekends

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