

LEARN TO SWIM CLASSES

ALL LEARN TO SWIM CLASSES ARE GRADED IN ACCORDANCE WITH THE CHILD'S ABILITY.

PARENTS & BUBS (LESS THAN 12 MONTHS & 12 MONTH +) 30 MINS

Both of these classes aim to familiarize both parent and child with the aquatic environment. NB: The less than 12 month classes, run only in Term's 1 and 4. **RLSSA Award:** Infant Aquatics 1.

TURTLES 30 MINS

These classes develop water confidence, safety and coordination. This level is for children with little to no water experience. Children are introduced to floating, kicking, dogpaddling, blowing bubbles and submerging. **RLSSA Awards:** Infant Aquatics 1 & 2.

STARFISH 30 MINS

These classes are for children who are confident off the bubble and strong dog paddlers. At this level, children are confident to have their faces in the water. They are comfortable with floating on their fronts and backs. **RLSSA Awards:** Infant aquatics 3,4 & 5; S & S Developing Water Awareness D2.

PLATYPUS 30 MINS

These classes are designed to introduce children to the basic swimming strokes. It is for children beginner overarm, backstroke and breaststroke. They will be confident with kick, gliding and gain confidence with diving. This group is a preparation for squad style swimming and due to it's content, children may often remain here for a longer period than previous groups. **RLSSA Awards:** S & S Developing water awareness D2, Water Awareness, Developing Water Sense D3, Water Sense 3.

SNAPPERS 30 MINS

This level is for children who are able to swim 25m freestyle non-stop with good breathing and 25m backstroke and breaststroke. Butterfly is introduced and swimming drills and distance is increased. We recommend 2 sessions a week. **RLSSA Award:** S & S Water Wise 4.

LESSON/SESSION FEES

Family discount of 10% for second child in the family and 20% for the third or subsequent children. Fees may vary due to the length of the school term. ie Easter break, etc. **GST is included in fees.**

Fees are due, at the latest, the first week of each Term.

Term 4 (2009) dates: Monday 19th October – Saturday 5th December (7 weeks).

LEARN TO SWIM (classes include Parents & Bubs (1:6 ratio), Turtles, Starfish, Platypus) RATIO of 1:3

1 lesson / week = \$140 per term

SNAPPERS RATIO - 1:8

1 lesson / week = \$126 per term*

SQUADS

SEALS RATIO - 1:8

1 lesson / week = \$147 per term*

DOLPHINS RATIO - 1:12

2-4 sessions (PM sessions only) = \$224 per term

2-8 sessions (AM &/or PM sessions) = \$238 per term

MARLINS RATIO - 1:12

2-8 sessions (AM &/or PM sessions) = \$238 per term

JNR and SNR SHARKS RATIO – 1:12

4-8 sessions = \$252 per term

* We strongly recommend two sessions per week, minimum, to ensure continued improvement in all areas.

TSS RULES

All patrons must adhere to the pool rules displayed within the centre.

It is the parent's responsibility to control any young children watching training sessions, and to keep children off the pool deck. All spectators must be seated in either in the courtyard area or on the bench seating around the pool, whilst lessons are in progress.

No child is to be outside the pool building at any time without the direct supervision of an adult.

Swimmers must be punctual for all sessions. Any swimmer arriving more than 10 minutes after the scheduled starting time will be allowed in the water only at the coach's discretion.

Noise is to be kept to a minimum when arriving and departing from the pool. In the change rooms please keep noise levels down. No rowdy or raucous behaviour.

All swimmers must supply their own training equipment, as required for their squad level. Swimming costumes worn must be of the racing type. Swim caps and goggles must be worn at all times.

Swim school equipment is to be treated with care and replaced after each session.

It is expected that swimmers will, at all times, behave in a well-disciplined and sportsmanlike fashion and treat all coaching staff, other swimmers and parents with respect. Anything less will not be tolerated.

Parents, parking is very limited in Tivoli Ave. Residents must be considered at all times and blocking driveways or double parking, at all times, is to be avoided. We recommend car pooling or a pick up service, from After School Care, for Massie House students, is available to girls with a 3.30pm lesson.

All parents please feel free to discuss your child's progress with his/her coach or learn-to-swim teacher. However, please do this after the lesson has finished. PLEASE do not interrupt a class to talk to a teacher.

TSS reserves the right to suspend or expel any swimmer for a severe or persistent breach of these rules.

WELCOME

At Tivoli Swim School (TSS), we believe that you have to enjoy what you are doing to obtain the true benefits. We want swimmers to still enjoy the sport once they have completed their schooling. This is a life skill.

We intend to develop an understanding of safety, fitness, training and competition. The skills and drills we teach will educate each swimmer, as well as challenge them. We will educate the swimmers in nutrition, training principles, and correct swimming technique in conjunction with goal setting, teamwork, discipline and sportsmanship. These are all values they can apply to their daily lives.

Our aim is to create competent swimmers and equip them with the skills necessary to fulfil their expectations. At Tivoli Swim School, we will strive to meet the demands of every swimmer, from beginner to competitive level.

We look forward to a happy and successful association with all swimmers and their families, within the Kambala community.

Tivoli Swim School is a certified Swim Australia Centre and is recognised to facilitate and assess the teaching competency of AUSTSWIM, Swimming Australia and Royal Life Saving Society candidates and courses.

SQUADS

RE-ENROLMENT

Re-enrolment will take place in the last weeks of each Term. Prior to this time, a newsletter and reminder notice will be forwarded to all students. This form must be completed and returned with the deposit or full amount, depending on the Term, before the end of re-enrolment week, to secure the place in the class. Priority is always given to Kambala students and those currently enrolled in classes.

MISSING A CLASS

If a swimming class cannot be attended, due to illness only, the Swim School office requires 24 hours notice to be eligible for a make up class. Notice under 24 hours will require a Doctor's certificate. No exceptions will be made so we kindly ask you to adhere to the policy, to avoid disappointment.

Where possible a make up class will be arranged depending on availability. Make up classes are not always beneficial as the same instructor may not be available. A maximum of 1 make up class per term is allowed and must be completed within the term. Make up classes are not guaranteed and there is no refund of monies paid for classes not attended.

CLASS UPGRADES

Students will be changed from one level to the next at the teacher's discretion and at the completion of swim tests. This will only be done when the student has completed all the requirements for the current level or in the teacher's opinion the child has the ability or would benefit from being moved to the next level. There is no guarantee that students will retain the same teacher when changing levels.

SCHOOL HOLIDAYS

During holidays the swim school will offer an intensive swim programme as well as all the aforementioned. Please contact reception for further information.

MINI SQUAD

This group is arranged according to ability within a squad known as the Seals.

SEALS

These **45 minute** sessions concentrate on stroke development and refinement. Children must be able to swim 100m freestyle non-stop with good style, 100m backstroke, 100m breaststroke and 50m butterfly . We recommend 2 sessions a week. **RLSSA Award:** Junior Swim and Survive.

JUNIOR SQUAD

This group is arranged according to ability within a squad known as the Dolphins. There is the option of attending a **60 minute** AM and/or a **45 minute** PM session.

DOLPHINS

This level is for children who are competent in all four strokes and have a reasonable degree of fitness. These sessions are designed to refine and develop all strokes, build strength and stamina. Dolphins are expected to attend at least 2 sessions per week in order to achieve continued improvement. **RLSSA Award:** Junior Swim and Survive 6.

SENIOR SQUADS

These are **60 and 90 minute** sessions, respectively, within squads known as the Marlins or Senior Dolphins and Sharks.

MARLINS

This squad will build upon the previous group, although over the hour. This is for the non-competitive swimmer. A minimum of 2 sessions are required, but up to 8 can be done, per week. **RLSSA Award:** Senior Swim and Survive, Bronze Medallion.

JUNIOR & SENIOR SHARKS

This group is for students **aiming for top-level competition**. They are expected to swim from 4-8 sessions a week (and compete for the Club), depending on the swimmer's age and goals. This would need to be discussed with the coach prior to commencing training. **RLSSA Award:** Senior Swim and Survive, Bronze Medallion.

POOL USAGE TIMETABLE

Term 4, 2009

	Mon	Tue	Wed	Thur	Fri	Sat
5.30-7.00am	Sharks,	Sharks,		Sharks,	Sharks,	
6.00-7.00am	Marlins &	Marlins &		Marlins &	Marlins &	
7.00-8.00am	Dolphins	Dolphins		Dolphins	Dolphins	
		School Squads		School Squads		
8.25am-	P	D	H	P	E	8.00-8.30 Snappers
		U	S	E		8.30-10 LTS (including Parents & Bubs)
2.45-3.15pm	E	L	C	&		
	P	R	E	P	LTS	
3:30-5pm	LTS	LTS	LTS	LTS	LTS	
3.30-4pm	Snappers	Snappers	Snappers	Snappers	Snappers	
4-4.45pm	Seals	Seals	Seals	Seals	Seals	
4.45-5.30	Dolphins	Dolphins	Dolphins	Dolphins		
5.30-6.30	Marlins	Marlins	5-6 Marlins	Marlins	5-6 Club Races (See noticeboard for details)	
7pm	Jnr. & Snr. Sharks	Jnr. & Snr. Sharks	Jnr. & Snr. Sharks	Jnr. & Snr. Sharks		

POLICIES

1. Making a booking

Prior to enrolling in any TSS Swim Program, all children must attend a free assessment. Assessment times are anytime, Mon-Fri. 3.30-5pm and Sat. 8.30-10am, during term time. This will take around 10 minutes and determines the swimming ability of the child. We can then allocate them into the appropriate class.

2. Enrolment

Enrolments can be made directly after the child's assessment. The child will automatically be put into a class. For those enrolling after the beginning of the term, positions are subject to availability. If enrolling at the end of term, the student will be placed in a class after re-enrolments of current students is complete.

3. Payment

New enrolments- full payment for the Term is required prior to the commencement of the first lesson.

Fees are payable upon re-enrolling. In the case of a long break, ie. Christmas vacations, a non-refundable or transferable deposit is required.

Payments are to be made by cheque or cash only. Cheques made payable to: Tivoli Swim School.

Refunds are not given. In the case of extenuating circumstances, a credit, or make up classes, may be issued, at the discretion of the Head Coach.

4. Parking

Parking is extremely limited in Tivoli Ave. We encourage all parents to take steps to reduce traffic congestion such as: Car pooling; Massie House After School Care pick up service; And, drop off/pick ups from the main gates located in New South Head Rd. Please be aware that the **pool gates to Tivoli Ave only open after 7am on weekdays** – see Reception for more details.



TERM 4, 2009

TIVOLI SWIM SCHOOL



Royal Life Saving

THE ROYAL LIFE SAVING SOCIETY AUSTRALIA

A Swim and Survive Endorsed Swim School

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