

### WHAT TO BRING

- Clothes suitable for sport
- Close toed shoes
- Weather appropriate gear (e.g. jumper, sunscreen, hat)
- Towel, swimsuit, goggles, plastic bag for wet items
- Water bottle, lunch, snacks for morning and afternoon tea

Note: Do not bring valuables (e.g. money, electronic devices, jewelry)

### **GROUPING**

We know a big day in a new place can be a little nerve wracking so we always do our best to keep friends and siblings in the same group (if they want to be together). If your child is coming on their own we make sure they are placed among others their age so no one is left out!

### **ETIQUETTE & BEHAVIOUR**

It is our priority to provide a safe, comfortable, fun environment for all kids attending our program.

If your child displays excessively disruptive or disrespectful behavior towards staff or other children you will be contacted and may be asked to collect your child.

### **SWIMMING**

Before booking please consider your child's confidence in the water (notably deep water) and advise us if your child may need extra support during the aquatic activities (e.g. wearing a lifejacket).

### **ILLNESS & MEDICATIONS**

If your child is becomes sick on their scheduled day please don't bring them to the program.

For a credit or refund please contact our Community Programs management team at programs@latrobe.edu.au and supply a medical certificate.

If your child has a medical condition please brief staff at the time of sign in and your child's group leader will carry any medication for the duration of the program.

### **DROP OFF & PICK UP**

Please be sure to sign in and sign out your children so everyone is accounted for.

If someone else is picking up your child, please indicate this to us at drop off and advise the name and contact number of the parent collecting your child.

### **CHILDCARE SUBSIDY**

Unfortunately at this time our program does not qualify for the new Child Care Subsidy.

#### **GET IN TOUCH**

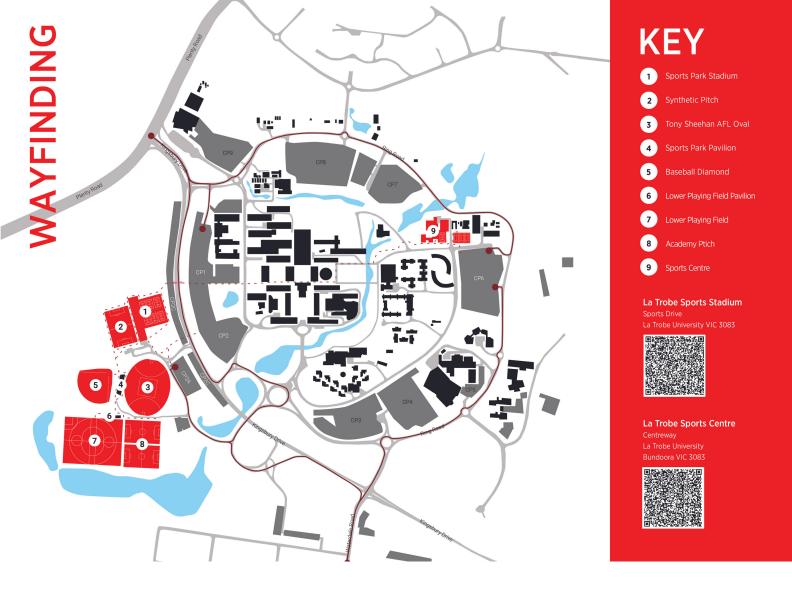
If you have any questions or feedback we'd love to hear from you! Please get in touch with our team at programs@latrobe.edu.au and we'll aim to get back to you promptly.



# Below is a schedule of a typical day at our program, which may be subject to change.

TIME	AQUATIC ACTIVITIES			
	Water Polo	Aqua Games	Kayaking	Tarzan Rope
8:45 - 9:00	Expect children to begin arriving – light ball games in fieldhouse till 9am start.			
9:00 - 9:15	Welcome introduction, emergency procedures, group allocations & name tags.			
9:15 - 9:30	All children get changed for pool activities and pool introduction.			
9:30 - 10:00	Group 1	Group 2	Group 3	Group 4
10:00 - 10:30	Group 4	Group 1	Group 2	Group 3
10:30 - 10:45	Morning Tea & Toilet Break - all groups.			
10:45 - 11:15	Group 3	Group 4	Group 1	Group 2
11:15 - 11:50	Group 2	Group 3	Group 4	Group 1
11:50 - 12:00	Exit pool, dry and change clothes.			
12:00 - 12:35	Lunch Break, Pool Lounge – all groups			
12:35 - 1:00	Headcount on exit, walk to Stadium, headcount on arrival			
TIME	DRY ACTIVITIES			
	Activity 1	Activity 2	Activity 3	Activity 4
1 - 1:35	Group 1	Group 2	Group 3	Group 4
1:35 - 2:10	Group 4	Group 1	Group 2	Group 3
2:10 - 2:25	Afternoon Tea & Toilet Break - all groups.			
2:25 - 3:00	Group 3	Group 4	Group 1	Group 2
3:00 - 3:25	Group 2	Group 3	Group 4	Group 1
3:25 - 3:45	Group Game			
3:45 - 4:00	Parent Pick-Up			

Dry activities include but are not limited to tennis, basketball, soccer, table tennis, netball, AFL, softball, dodgeball, racquetball, badminton, volleyball, rock climbing or yoga. The activities for your program day will be dependent on facility availability, weather/season and cohort size.



## **Contact Us**

Email: programs@latrobe.edu.au

Phone: 03 9479 2973

Website: latrobe.edu.au/sport

### **Address**

La Trobe Sports Centre Centreway La Trobe University, VIC 3083

# **Opening Hours**

### **Indoor Sports Centre**

Monday to Friday: 6am - 10pm Weekends: 8am - 6pm

## **Stay Connected**

### **Facebook**

facebook.com/latrobesport

### Instagram

instagram.com/latrobesport