

La Trobe Swim School

Welcome Booklet



latrobe.edu.au/sport



LA TROBE
UNIVERSITY
SPORT

Welcome



La Trobe's Swim School is built on the importance of safety around any aquatic environment. Our team of experienced teachers will work with each member to help build confidence with their swimming and develop fundamental skills that will result in efficient and proper technique, and most of all have fun along the way!



Swimming Bag Checklist

- ☐ Swimmers
- ☐ Towel
- ☐ Goggles (optional)
- ☐ Swimming Cap (optional)

La Trobe Swim School Information



La Trobe Swim School has partnered with Royal Life Saving Victoria to deliver their Swim and Survive Program.

Swim and Survive is a fun and dynamic swimming and water safety program that focuses on the development of swimming, personal survival, basic rescue and lifesaving skills. Swim and Survive aims to provide individuals with the required skills to lead safe and active lives in, on and around water.

No matter the level of experience, Swim and Survive is inclusive for everyone at any ability to learn these essential skills.

Key Details



Lessons

Lessons pause for one week during each term. Please refer to the website for precise dates of swimming lesson sessions.

Payment Process

Payment is made to La Trobe Sport via a fortnightly Direct Debit taken from your nominated bank account.

Cancellations

If you wish to cancel your child's lessons, a two weeks notice period must be given in writing to aquatic management at swimschool@latrobe.edu.au.

Pool access

As a Swim School member, you are entitled to swim free of charge outside of lesson time all year round. One parent or guardian swim entry is included when accompanying the Swim School member.

Supervision - Watch Around Water Policy

Children Under 5 Years:

- Recommended Ratio: Maximum 1 Parent/Guardian to 2 Children
- Must be accompanied into the centre and the water by a responsible parent/guardian.
- Must stay within arm's reach during recreational play activities.

Children Under 10 Years:

- Recommended Ratio: Maximum 1 Parent/Guardian to 4 Children
- Must be accompanied into the centre by a responsible parent/guardian
- Must be constantly and actively supervised
- Parents/Guardians must position themselves to have a clear view of the child with no physical or structural barriers between them and the child/children.

Children 10 years old and older:

- Parents must use their knowledge of an individual child's swimming ability and general development to determine the level of accompaniment required.





What age do you start lessons from?

Infant lessons begin from 12 months of age and onward, and we also offer lessons for adults.

Can I suspend my membership?

We don't implement suspensions. You have the option to either retain your spot or provide a two-week notice. If you decide to return, you can re-enroll after your break.

Do you offer make up lessons?

We provide one makeup class per term, depending on availability, which cannot be carried over to the next term. Once booked, makeup lessons cannot be cancelled or rescheduled, resulting in the forfeiture of that lesson.

Enrolments

As part of this membership, there is no longer the need to re-enrol each term, your membership will roll over each term. Please note that T&Cs must be signed to complete initial enrolment and that enrolment is not complete until this has been done.

Do you offer assessments before I sign up?

No, however you can access the enrolment guide to determine what level you are at. If you have any further questions, then please reach out to our Swim School team on swimschool@latrobe.edu.au or call 039479 2973, and the team can guide you through the leveling.

Are your staff qualified?

Yes, all our staff are fully qualified.

How long does your lessons go for?

Lessons run for 30 minutes.

Will we have the same swimming teacher each week?

Yes, we like to have the same teacher working with your child which we think is best for their learning and building a strong foundation and relationship with the teacher and confidence in the water. Whilst we do endeavour to maintain the same teacher, the reality is that there will be times when teachers do change.

Is your pool heated?

Yes, the pool is heated, and sits between 29-30 degrees.

Do you offer trial lessons?

No, we don't offer trial lessons, however we treat your first class as an assessment to ensure you are in the correct level.

Can I use electronic devices on pool deck?

No. If you are actively supervising children in and around the water and wearing a pink or yellow wrist band, then we ask that you do not use any form of electronic device on pool deck.

What happens if my child is sick?

Please provide a valid medical certificate which covers a period of two weeks or more.

Will I need to get in the water with my child?

This is only required for infant lessons, not for lessons from Level 1 onwards.

Once started, can I change my lesson or time?

We are happy to accommodate this, please speak to Swim School management and we can work out another time that suits best.

When can I start lessons?

You can start anytime, La Trobe Swim School take new enrolments ongoing, so you don't have to wait until the end of term, when you are ready, come and join us.

What if I want to cancel my membership?

This is fine, you will need to provide 2 weeks (14 days) notice for cancellation and must pay your fees up until your 14 days have concluded. For more information around this please refer to Direct Debit's T&C's online.

All cancellation requests must be made in writing to swimschool@latrobe.edu.au.

Will I receive a membership card?

Yes, each member will be issued a Swim Member card, this should be presented to reception each time you visit the centre. The first card is free, any replacements for lost cards will incur a \$10 fee.

Do you run lessons on Public Holidays?

No, we do not have lessons running on Public Holidays.

How often are assessments run?

We will run one each term, however if you or your child are excelling in the current level, they will get moved up before assessment.

How do I pay for my lessons?

Lessons are paid for via a fortnightly direct debit. Every second Monday the agreed amount will be debit from your nominated bank account.



THE NATIONAL BENCHMARKS

Every Australian at the age of 6 years should be able to:



Identify rules for safe behaviour at aquatic environments at or near the home



Submerge the body and move through an obstacle



Enter and exit shallow water unassisted



Identify people and actions to help in an aquatic emergency



Float and recover to a standing or secure position



Perform a survival sequence to simulate an accidental entry



Move continuously for 5 metres

Every Australian at the age of 12 years should be able to:



Understand and respect safety rules for a range of aquatic environments



Surface dive, swim underwater and search to recover an object from deep water



Enter and exit the water for a range of environments



Respond to an emergency and perform a primary assessment



Float, scull or tread water for 2 minutes and signal for help



Rescue a person using a non-swimming rescue technique with non-rigid aids



Swim continuously for 50 metres



50% of all Australians at the age of 17 years should be able to:



Understand behaviours that affect personal safety in aquatic environments and activities



Search in a deep water environment and recover a person



Assist others to exit deep water using bystanders



Respond to an emergency and provide first aid



Float, scull or tread water for 5 minutes and signal for help



Rescue an unconscious person in deep water



Swim continuously for 400 metres



Perform a survival sequence wearing heavy clothing

Keen to participate in more fun?



La Trobe Sport offers a huge range of sport and active recreation programs for kids and adults alike! Please click the links below to find out more!



Birthday Parties



Rock Climbing



School Holiday Programs



End of season break ups



Court Hire



Health & Fitness





Contact Us



Phone Enquiries
(03) 9479 2973



Website
[latrobe.edu.au/sport/
community-programs/learn-to-swim](http://latrobe.edu.au/sport/community-programs/learn-to-swim)



Address
Indoor Sports Centre
Centreway
La Trobe University VIC 3086



Email
swimschool@latrobe.edu.au



Opening Hours

Monday- Friday: 6-9am and 12pm-8pm
Saturday- Sunday: 8am-6pm

Please note the pool is closed 9am-12pm weekdays.

Stay Connected



@ltsactiverec