



## Learn to Swim Swim & Survive Program

Friends Health & Fitness teaches the Royal Life Saving Society Program called Swim & Survive.

It is a broad and balanced program teaching a range of skills and knowledge to develop swimming, water safety, survival and basic rescue skills.

There are 10 levels within the program.

### New Students

All new children are required to attend a free 10 minute assessment to determine their correct level. Please phone 6210 2241 to book an assessment time.

Minimum age at the time of enrolment is 3 years old.

### Bookings

Lessons are \$16.50 per session and run in conjunction with school terms. Full term payment is due at the time of booking.

### Lesson Times

Lessons run after school Monday to Friday and Saturday mornings.

Levels D1 - Level 4	30 minute lessons
Level 5 & 6	45 minute lessons
Level 7	1 hour lessons

### Certificates

Certificates are awarded upon the completion of a level. This may occur at any time during the term. Instructors are constantly assessing children during lessons.

### Communication

Class lists and class locations are displayed on a board just inside the pool hall. Please check the board each week for up to date information such as re-enrolment information.

### Re-enrolments

All children who wish to continue with lessons in the following term must re-enrol. Bookings are not automatically transferred.

Enrolments are taken on a first in best dressed basis. Bookings for existing swimmers will commence two weeks prior to the end of the school term. New swimmers may enrol one week before the end of term.

We strongly recommend you book early.

### Public Holidays

Lessons do not run on public holidays. Term fees are adjusted to reflect this at the time of booking.

### Absences/Credit Policy

Please notify the Centre if your child will be absent from their class so we can advise instructors. Make up lessons and credits are not offered for children who miss one off lessons.

Make ups will not be offered for students going on holidays.

Children who have a serious injury or illness can notify the Centre in advance that they will miss three or more lessons. We will also give consideration to other circumstances which result in three or more missed lessons. All requests for credits are dependent on completion of credit policy form and presentation of certificates. Please see Customer Service Staff.

### Private lessons/absences

We do conduct private lessons however places are limited due to lane space and instructor availability. If a child misses a lesson 24 hours notice needs to be given to cancel the lesson. Contact the Centre for more information.

### Recreational Swimming

We encourage children to practice their swimming skills regularly. Recreational swimming is offered throughout the week, please see our pool schedule for available times. Saturday afternoon and Sunday are the best times. A family swim is \$18.40.

- Swimming before/after lessons is not permitted.
- Children are not permitted to use the spa without an adult being in the spa with them.
- Children under 16 years of age are not permitted in the steam room.



### Caps

Swimming caps are compulsory and must be worn at all times whilst in the water. We sell lycra (material style), rubber and silicone caps.

### Goggles

Goggles are a personal choice. If your child chooses to wear goggles, please ensure they are well fitted to avoid missing lesson time. It is important to remember that children should also experience swimming without goggles from time to time. A range of children's sized goggles are available for purchase. Our staff can help you find the most suitable pair.

### Bathers

Chlorine resistant bathers are available for purchase from Friends Health & Fitness.