

# SEVEN HILLS/TOONGABBIE/WENTWORTHVILLE RSL YOUTH CLUB INC LEARN TO SWIM INFORMATION SHEET

Welcome to Seven Hills/Toongabbie/Wentworthville RSL Swim Club "Learn to Swim" lessons. This sheet contains general information about how our lessons operate. Please read on and if you have any queries, feel free to talk to an instructor at a suitable time.

## Lesson Times

Lessons are conducted at 9.30 am and 10.15 am on Saturdays from November till April, except for a couple of weeks at Easter, Christmas and one Saturday in March. Lessons usually take between 30 and 45 minutes, but this can vary because of the weather, the size of the class, class ability and the age of the pupils.

Lessons are conducted in any sort of weather. A severe thunderstorm may be the only reason why lessons would be cancelled.

Some weeks it may not be possible to fit all students in lessons that start at 9.30am. In these situations, a second set of lessons will be conducted as soon as instructors finish their first lesson.

## Registration

Lessons are free once you become registered. Registration provides pupils with both public liability and personal accident insurance. Cost for the 2010-2011 season is \$15.00 per student, per year, which begins on 1<sup>st</sup> Saturday in November. Pupils must register within two weeks of their first lesson.

Before their first lesson, each pupil must be enrolled by completing the appropriate form. From then on, the pupil must report to the registration table to have their attendance recorded before and after each lesson,

## Classes

We cater for pupils from 4 years upwards. Unfortunately, we do not have enough instructors to provide the individual attention required for younger children.

Pupils are allocated a class depending on their ability. The classes are:

- **White:** Beginners that will not float unaided.
- **Red:** Float unaided but improvement required in the movement of arms and legs.
- **Yellow:** Swim about 8-10 metres but breathing and stroke requires improvement,
- **Green:** Swim about 15-25 metres of freestyle but improvement in stroke and fitness is required.

- **Blue/Advanced:** Swim more than 25 metres in two strokes and can tread water.
- **Adults:** Special class to handle the needs of older swimmers.

Achievement certificates are presented to swimmers once they can tread water and comfortably swim at least 25 metres.

## Blue/Advanced Class

The club holds lessons for advanced (blue) pupils on Saturday at 8.30am. These lessons are targeted at advanced learn-to-swim pupils and aims to provide them the extra fitness and skills required to participate in club races.

Cost for registration of pupils in this class for 2010-2011 IS \$15.00 per year.

## Our Instructors

All instructors are members of the Wentworthville RSL Youth Swim Club and have **Auswim** qualifications. This is the nationally recognised qualification for swimming instructors. Our instructors are **ALL** volunteers.

If you would like to become an instructor or help out in some way, please talk to Carol or Julie.

## Wentworthville RSL Swim Club

Wentworthville RSL Youth Swim Club was established in 1966. The club has been running Learn to Swim lessons for about thirty two years. The club caters for swimmers of all levels. Club races are held before Learn to Swim lessons at 7.00am on Saturday mornings at Wentworthville Pool.

Once a pupil has graduated to Blue, it is recommended that they should attend club races to improve their fitness and take on other challenges.

## Hints for Parents

- **Children should not get in the water before lessons**  
Children that get wet before their lesson become cold, lose concentration and do not learn as fast.
- Praise and encourage your children. Remember, each child is different and will learn different skills at different rates.
- **Please arrive at the pool 15 minutes before your lesson.** This will help our instructors to get the lessons started on time and minimise any disruptions to the lessons.
- Pupils that attend lessons every week learn fastest.
- Bring your sunscreen and hats!