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School-Age LTS

Once children are of school age, they progress into the next stage of our program, which has f ive ability-based levels. We cater for children who have had minimal exposure to formal swimming, by teaching them how to submerge and propel themselves through the wa ter. Students then begin to learn freestyle and backstroke, along with aspects of breaststroke and butterfly. Water safety skills are reinforced and extended throughout the LTS program. Students are initially taught how to perform a kneeling dive and progress to standing dives by the final LTS level. Our highest level within this program then leads into the stroke correction and development squad programs.

Additional Programs

- Private (1:1) lessons (30 minutes) are available by request and are dependent on availability
- School Holiday Intensive programs may be offered, where children attend lessons each day for one week. These programs are great for swimmers who are new to a level or need additional practice to progress to the next class.
- Wenona Students Teen LTS program is conducted on Thursday mornings before school and is for Wenona students only.

2.2 Levels and Learning Outcomes

Level

Learning Outcomes

To be achieved before the student progresses to the next level

Turtle Maximum 4 students 30 minutes	 Streamline kicking (2 x 5m) Freestyle without breathing (2 x 5m) Kicking on back Introduction to Backstroke Introduction to b ubble and breathe to side with board Safety Sequence – eamline, oll in o back floa, e n o all i ho goggle
Jellyfish Maximum 4 students 30 minutes	 Streamline kicking (2 x 10m) Freestyle with breathing (2 x 10m) Streamline kicking on back (2 x 10m) Backstroke (2 x 10m) Introduction to Breaststroke kick Safety Sequence – im 5 me e, e ie e goggle f om bo om, e n o afe

	bo om, e n o afe			
School Age LTS				
Frog Maximum 3 students 30 minutes	 Streamline "rocket" glide (2 x 4m) Paddle and kick with pop- up breathing (2 x 5m) Front and back float with independent recovery to wall Kicking on back Submerge Safety sequence - j m , floa / n, eco e o all 			
Stingray Maximum 4 students 30 minutes	 Streamline kicking (2 x 5m) Freestyle no breathing (2 x 5m) Kicking on back Introduction to Backstroke Introduction to b ubble and breathe to side with board Safety sequence – s eamline, oll back floa, e n o all i ho goggle 			
Penguin Maximum 4 students 30 minutes	 Streamline kicking (2 x 5m) Freestyle with breathing (2 x 8m) Streamline kicking on back (2 x 8m) Backstroke (2 x 8m) Introduction to Breaststroke kick Safety sequence – s im 5 me e , e ie e goggle f om he bo om, e n o afe 			
Swordfish Maximum 5 students 30 minutes	 Freestyle 15m Backstroke 15m Introductory Breaststroke 15m Butterfly kick 15 m Somersault Assisted kneeling dives 			
Dolphin Maximum 6 students 30 minutes	 Freestyle (2 x 15m) Backstroke (2 x 15m) Breaststroke (2 x 15m) Introduction to Butterfly Turns and streamlines Dives 			

The following 10 child safety principles are modelled on the *Child Safe O gani a ion : Na ional P inci le (An ini ia i e of he co ncil of A alian Go e nmen)*:

1. Child safety is embedded in Wenona School leadership, governance, and culture

Wenona School is committed to child safety. All staff and volunteers have Working w ith Children Checks and comply with codes of conduct that set out behavioural -2.-2.2 (t)17.6 (b)13.1 (e)0.5 (h)-2.2 5 0.g38ntat2.6m

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3.4 Pool Rules

- Children under the age of three, or students who are not completely toilet -trained, must wear a
 firmly fitting reusable swim nappy in addition to any disposable swim nappy that may be worn
 underneath
- Appropriate swimwear must be worn by all students. Boardshorts and rashies are not recommended for children over the age of three

4. Fees

LTS Program	Wenona Student Fee	Community Member Fee
Aqua Babies, Pre-School Age, School Age,	\$18.50 e le on	\$22.50 e le on
Teens and Adults		
Private Lessons	\$61 e le on	\$75 e le on
5 Day School Holiday Program		
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Venue Map

