



Beatty Park Swim School Adult Swimming Program

Adult lessons are 1 x 45 minutes per week

Adult lessons operate: Monday-Friday around 12.15pm

Tuesday-Friday 7.45am

Monday-Thursday 6.15pm & 7pm

Sunday 8.15am (Beginner only)

Adult Beginner (Max 4 Students)

Students in this level will learn how to:

- submerge completely and confidently
- forward glide with an effective kick
- backward glide with an effective kick
- attempt freestyle arms
- attempt backstroke arms
- attempt to tread water
- attempt to survival scull

Upon achieving these skills students will progress to the following:

- perform basic freestyle with breathing over 15m
- perform basic backstroke over 15m
- perform basic survival backstroke over 15m (optional)
- perform basic breaststroke over 15m (optional)
- tread water
- survival sculling

Adult Style Correction (Max 6 Students)

Students in this level will learn how to:

- perform freestyle over 25m
- perform backstroke over 25m
- perform basic breaststroke over 25m (optional)
- perform survival backstroke over 25m (optional)
- tread water out of depth
- perform a surface dive (optional)

Upon achieving these skills students will progress to the following:

- perform effective freestyle over 50m
- perform effective backstroke over 50m
- perform effective breaststroke over 50m (optional)
- perform effective survival backstroke over 50m (optional)
- perform basic dolphin kick (optional)
- tread water out of depth
- perform a dive (optional)
- swim continuously over 150m (6 laps)

Considerations:

Before the commencement of lessons, it is very important to inform the Swim School of any medical conditions which may either affect your level of skill acquisition, or eliminate any strokes which may aggravate your condition

- Students with lower back problems or aggravated knee problems should avoid breaststroke and butterfly
- Students with shoulder problems may have difficulty in rotating their shoulders due to limited flexibility
- Be careful when using hand paddles. Used incorrectly or to excess the use of hand paddles can lead to injuries
- Older adults will have limited flexibility with most joints
- Any activities that cause pain should immediately be stopped.
- Some adults will have many years of fear of the water, particularly frightened beginners. Remember that you will need to address these fears and be patient when learning to overcome these fears

BEATTY PARK LEISURE CENTRE SWIM SCHOOL INFORMATION CONDITIONS AND RULES

1. PUBLIC HOLIDAYS

No swimming lessons will be conducted on Public Holidays or Easter Saturday.

2. DIRECT DEBIT BOOKINGS

All bookings are made by Direct Debit only. Direct Debit is by cheque, savings or credit card accounts and will occur every four weeks. It is important that your financial institution has enough funds to cover your Direct Debit amount. Payment is made four weeks in advance.

3. ADMINISTRATION FEE

All initial enrolments will incur a \$10.00 administration fee per student and re-enrolments will incur a \$5.00 administration fee per student. Administration fees will be charged as a one-off direct debit from your nominated account.

4. TERMINATION OF LESSONS

Notification in writing is required when cancelling lessons. Your Direct Debit payment will cease if notification in writing of cancellation of lessons is received 48 hours prior to the next Direct Debit. Cancellation Notification forms are available from Swim School Administration and online at www.beattypark.com. If withdrawing due to medical reasons we will action your cancellation as soon as we receive notification in writing and a copy of a medical certificate.

5. MISSED LESSONS

Replacement lessons cannot be provided for lessons missed during your enrolment with the Swim School. We will be happy to offer you an entry pass for all missed lessons which will entitle one adult and two children or two adults and one child free entry into the Centre for a practice swim during operating hours. This entry pass is valid until the new swim year commences.

Please note that practice swim passes cannot be extended past the expiry date.

6. CHANGES TO BOOKINGS

Students can sometimes be enrolled into an inappropriate level initially. Additionally instructors and administration staff monitor age and skill requirements of students to also ensure appropriate level ability. Consequently it is sometimes necessary to move students to another class.

7. MINIMUM NUMBERS AND CLASS CONSOLIDATIONS

All classes must have a minimum number enrolled in order for them to operate. If you enrol for a class that does not achieve the minimum number of enrolments, you will be offered an alternative class. Additionally classes may be consolidated or instructors changed at the discretion of the Swim School.

8. ENTRY CARDS

The entry card issued at your initial enrolment is valid **for life**. Please do not dispose of your entry card unless you will not be returning to the Swim School. Lost cards will incur an \$11.00 replacement fee. Entry cards must be scanned at the main entrance prior to every lesson. Refusal of entry may occur for non-presentation of cards. Each card admits one child plus one swimming supervising adult free of charge. Additional parents or guardians may be required to pay a spectator or casual swim fee. Additional siblings/children not participating in lessons may be required to pay a swim fee if using the pool facilities.

9. PARENTAL SUPERVISION

It is a condition of entry that all children must be accompanied by a parent or guardian whilst at the Centre. Children will not be accepted into lessons if a parent or guardian is absent. Children must be collected by a parent or guardian over the age of 16 at the conclusion of every lesson. Children under the age of five who swim before and/or after their lessons must be accompanied in the water and within arm's reach, by a person over the age of 16.

10. COMMUNICABLE DISEASES

A person suffering from any skin infection or other communicable disease will be excluded from lessons for the safety and wellbeing of other participants and teachers at the discretion of the Swim School. Examples include, but are not limited to: Herpes Simplex (Cold Sores); Varicella (Chickenpox); Rubella (German Measles); Enteroviruses (Hand, Foot and Mouth Disease); Pediculosis (Head Lice); Impetigo (School Sores); Morbilli Virus (Measles); Mumps; Conjunctivitis; Diarrhoea and/or Vomiting; Tinea (Ringworm); Parvovirus B19 (Slapped Cheek Syndrome); Pertussis (Whooping Cough); Human Papilloma Virus (Plantar Warts).

11. BABY SWIMWEAR

The health act states that all children that usually wear a nappy are required to wear some form of aqua nappy if swimming in a public facility. Please ensure that your children are suitably attired if they fall into this category for the comfort and safety of all patrons.