

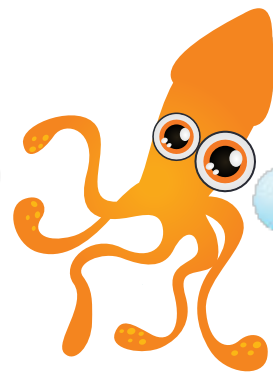


LEARN TO SWIM

INFORMATION PACK 2023/24



LEARN TO SWIM PROGRAM



Infinity Swim's main focus in water safety and stroke development is drowning prevention, Aquatic survival skills and learning correct and efficient stroke technique are vital elements of our learn to swim program.

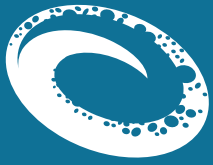
Quality, expert instruction in a nurturing fun environment plays a key role in children's ability to learn and retain valuable information.

Our mission is to provide your child with aquatic skills they will embrace for life :)

In this information pack you will find:

- Level Progression Chart
- Level Self Assessment Guide
- Things for Responsible person to know
- Pool and Parking Rules
- Make up lesson Policy
- Common Frequently Asked Questions
- Policies and Procedures





infinity swim

ADVANCED

INTERMEDIATE

9

10

11

8

LEVEL PROGRESSION

7

6

5

BEGINNER

1

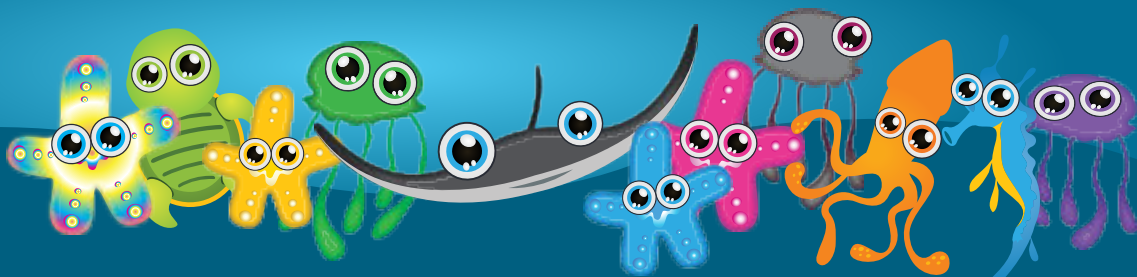
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2

3

BABY & TODDLER

1



Our LEARN TO SWIM PROGRAM - This a guide for initial grouping of students. A thorough swimming assessment will take place on the first day of the program to ensure all students are in the appoprite levels.

BABY & PARENT - BLUE STARFISH

- Feels Safe, secure and content in the water
- Tolerates and enjoys water on the face, ears, head and eyes
- Gained a sense of buoyancy
- Explored, with a smile, the water environment through song, games & toys
- Blow bubbles with their mouth



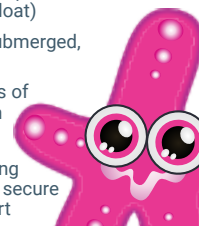
TODDLER & PARENT - YELLOW STARFISH

- Enters the water safely
 - Using ducks and rings to kick on their front and back
 - Explored with confidence different ways to move through the water
 - Discovering buoyancy through independent play
 - Enjoys submersions and will voluntarily jump into the pool
- Building safe water practices (monkey move, float, climb out)



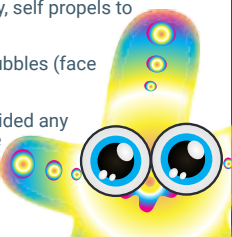
CHILD & PARENT - PINK STARFISH

- Enter the water unassisted
- Use aides to assist with independent movement and propulsion
- Showing signs of safe water practices (monkey move, climb out, float)
- Blows bubbles with face submerged, mouth and nose
- Exploring different methods of propulsion and submersion
- Use rudimentary crawl technique to propel, returning to their peer as a source of secure and reliable positive support



GRADUATE - RAINBOW STARFISH

- Safe water entry
- Independent float 3 seconds
- Showing safe water practice skills (jumps in ,turns to safety, self propels to safety)
- Front kick with aide & bubbles (face submerged)
- Comfortably swims unaided any style to a reliable source of safety (wall, mat, flotation aide, peer)



BEGINNER 1 - PURPLE JELLYFISH

- Blow bubbles mouth and nose
- Hold face flat in water (eyes, mouth and ears)
- kick on front and back with aid
- Submerge fully
- Tiny Torpedo 3m (correct positioning)
- Deep water awareness & experience
- Float back and front
- Freestyle arms with continuous kick
- Breaststroke arms with circular kick



BEGINNER 2 - GREEN JELLYFISH

- Kick on the front with aide
- Kick on the back with aide
- Safety step in, recover to edge, climb out independently
- Torpedo 5m - correct streamline position
- Freestyle arms with continuous kick
- Breaststroke arms with circular kick



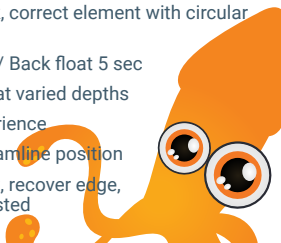
BEGINNER 3 - STORMY JELLYFISH

- Jump in float for 10 seconds swim to safety
- Tread water for 15 seconds
- Torpedo 6m in a streamline position constant long leg flutter kick
- Deep water recovery 1.7 metres
- Breast stroke (basic circle arm and leg action) 5m roll to float 3 sec, recover back to breaststroke
- Back stroke kick 6m with Aide
- Freestyle 6m with constant kick, long over arm action



INDERMEDIATE 1 - SQUID SWIMMING

- Confident freestyle using arm and leg action 8m
- Confident backstroke using arm and leg action 8m no aide
- Breaststroke kick, correct element with circular arm action
- Front float 5 sec / Back float 5 sec
- Recover objects at varied depths
- Deep water experience
- Torpedo 8m streamline position
- Tread water, float, recover edge, climb out unassisted



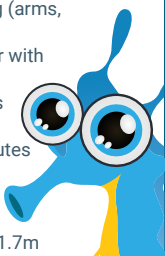
INDERMEDIATE 2 - TURTLE SWIMMING

- Be pulled through the water with rope for 5m
- Streamline torpedo 10m - constant flutter kick
- 10m freestyle with constant kick and breathing
- Recuse & be recused by reach and throw method
- Shallow dive - correct positioning, deep end
- 10m breaststroke kick front and back - correct elements
- 10m backstroke with correct positioning - constant kick
- Dolphin kick 5m
- Jump into water, tread water 15 sec float, recover to edge
- Handstand or somersault



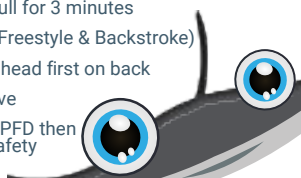
ADVANCED 1 - SEAHORSE SWIMMING

- 25m freestyle with correct technique
- 25m backstroke with correct technique
- 10m backstroke - correct timing (arms, breath, kick, stretch)
- 10m dolphin kick - legs together with good undulation
- Tumble turn - chin on chest legs tucked, solid streamline
- Float and tread water for 2 minutes
- Shallow dive - correct body positioning
- Surface dive to recover objects in a minimum depth of 1.7m



ADVANCED 2 - MANTA SWIMMING

- 50m freestyle with correct technique
- 50m Backstroke with correct technique
- 25m Breaststroke with correct technique
- 10m Butterfly with correct keyhole arm pull, good undulation
- Tread, float, scull for 3 minutes
- Tumble turns (Freestyle & Backstroke)
- Sculling feet & head first on back
- Racing start dive
- Safety step, fit PFD then be toward to safety



THINGS YOU NEED TO KNOW

To ensure a safer, cleaner more enjoyable experience at infinity we ask that all parents take note of the following:

Caps On

Infinity Swim prides itself on A1 water quality, this is partly due to our compulsory CAPS ON policy for all children 3yrs and above, attending a class without a carer present in the water. Wearing a cap enhances your child/ren's lesson by:

- Allowing goggles to slide on with ease
- Keeping goggles in place and not becoming tangled
- Keeps hair out of eyes and predominantly dry, this is extremely important for the winter months.

Caps can be purchased at the pool, any sports store or big retail outlet such as BIGW for a minimal cost.

We also ask that all swimmers wear appropriate attire. Uniforms are part of nearly all sports, swimming is no different! To allow correct stroke and kicking technique to be taught children need to wear the following:

Babies-infants-toddlers

until properly toilet trained must wear a swim nappy. Huggies little swimmers are by far the best, there are cheaper ones on the market but from experience they can let you down..... Carers can wear what ever makes them comfortable.

Girls

A one piece swim suit or sports bikini if it has no ties. Tie-up straps when loose or become undone cause distraction and can cut into class time. We have a saying: "The less time spent adjusting the more time spent learning" Half an hour goes very quickly!

Boys

Speedo's or fitted trunk short, no boardies or rash vests. Boardies hold water become heavy, and create drag, rash vests can make the child cold and also hold unwanted water. Save these for the beach !!

Goggles

When your child is learning to swim it is important they feel as comfortable as possible. Goggles play a vital role in this. They allow great vision underwater and keep water out of precious eyes. During the early years 0-3 we don't enforce the wearing of goggles. As children progress to learning strokes, we then ask that they have their own goggles at every lesson. When purchasing make sure they fit your child's face properly, many different styles and sizes are available. Goggles can be purchased at the pool, along with quality swimwear and accessories.

To make your families time at Infinity run smoothly

- All equipment should be adjusted and ready to go before you get to the pool.
- A dress rehearsal at home is a great idea for your little ones who may be apprehensive or a tad nervous. Practice wearing caps in the shower or bath and goggles too.
- Find out your instructors name so you can talk about what your child can expect when they arrive
- Above all ensure the experience is a positive one.

Learning to swim is a wonderful gift, a skill they will have for life, taking time out of your day to make this happen makes you a wonderful person in your child/ren's life..

POOL AND PARKING RULES

Rules at the pool

To ensure the pool environment remains comfortable, clean and inviting for all clients:

- No food is to be consumed in the pool building
- All learn to swim students must wear a cap (3yrs and above in a lesson without a carer)
- Appropriate swim wear must be worn to enable correct technique to be taught (no board shorts or rashies)
- All non-toilet trained children must wear a swim nappy
- No soaps, shampoos etc...to be used in the showers (they are for rinsing only)
- All children not swimming must be supervised at all times
- No child is to enter the water until their class has started
- Disruptive, un-safe behaviour will see children out of the pool until they can co-operate (parental support with this is appreciated)
- Please respect the property, including the facility and surrounds
- The trolley inside the pool building is out of bounds to all children

Car Parking

- Due to our location, car parking can sometimes be difficult.
- Please ensure you use the front of house car-park before the street.
- Our driveway is also available for parking and can comfortably accommodate 4 cars.
- To enable a smooth turnover of traffic, please arrive no earlier than 5 min before your class and try to leave promptly after your lesson.
- Please **do not** park on our neighbouring residents' nature strips or at the front of their properties, please respect their space and privacy.

Facilities

Our pool is 12.5m in length, specifically designed to cater for infants through to junior squad. The shape incorporates a soft seat area for little ones to explore their aquatic environment and a lap lane for the older more experienced swimmers.

Our facilities include:

- 2 private change rooms
- 3 baby change tables
- bathroom amenities
- 2 temperature controlled showers, so the kids can safely rinse themselves!
- adequate seating for parents, proud grandparents and siblings
- Safety is of utmost importance around water so we ask that all non-swimming children be supervised at all times.

MAKE-UP LESSON POLICY

Infinity Swim offers make-up lessons as a courtesy to all customers who have notified us that they cannot attend one of their scheduled swim classes.

A minimum of 2 hours notice must be given for a cancellation of a lesson. Customers are offered a maximum of two make-up swim lessons during any one term of swimming if places are available.

All make-up lessons must be completed within the term of the missed lessons and cannot be made in the first and last week of any term. A credit may be considered if a student misses 3 consecutive weeks for a medical reason, upon presentation of a Doctor's Certificate.

How to cancel a lesson:

Parents are asked to notify jo@infinityswim.com.au via email or phone 0424207946 of any lesson cancellations with a minimum of 2 hours notice. Make-up lessons should be completed as soon as possible after the missed lesson.

Booking Cancellations:

Cancellation of a booked time slot can only be completed at the end of a term. If you wish to cancel your booking permanently during a term, please contact the Swim School Office. Infinity does not provide refunds for remaining lessons if a cancellation occurs during the term. Infinity Swim does not refund or credit missed lessons for holidays or overseas trips that occur during a term. If the cancellation is due to medical reasons, a credit may be given upon receipt of a Doctor's certificate verifying the medical reason for the cancellation. A request for credit must be made in writing to the Swim School Manager within 7 days of the missed lessons. Please notify management via email if your child will not be continuing the following term once invoices are issued..

For more information about our make-up lessons, credits and refund please read our Swimming Lessons Make-Up, Refunds and Credits policy.

COMMON FREQUENTLY ASKED QUESTIONS

When will my child go up a level and how long does it take?

The students are continuously assessed by their instructors . Every child is unique, learning different skills at different rates. Some may learn side breathing quickly, but may take a while to learn breaststroke etc. Should you ever have any queries or concerns regarding your child's progression, please feel free to discuss it with your child's instructor or swim school management.

My child missed a class. Can I have a make-up lesson?

Providing that 2 hours prior notice was given, and there is availability in a suitable class, Infinity Swim offer up to two make-up lessons per term. Full Terms and Conditions can be found on the website.

Do you offer concession discounts?

Infinity Swim does not offer concession prices as such. Alternatively, for families with three or more children we offer sibling discounts of 50%. Full Term fees for the first 2 children , 3rd and 4th and consecutive children receive a 50% discount.

Are your instructors qualified?

Yes all instructors at Infinity are fully qualified. All instructors have completed either an AustSwim or Swim Australia qualification. Many have also completed further specialist qualifications, including baby/toddler instruction, special needs classes, adult swim instruction and competitive stroke coaching. All staff also hold a Working with Children check a current CPR certificate and a Senior Level 2 First Aide qualification.

How warm is your pool?

We operate our pool at 31-32 degrees during Summer & Autumn, ensuring that the children are warm and comfortable while in the water. To give an idea of the warmth, a competitive 50m pool operates at 26 degrees. During the Winter months the heat is bumped up to a balmy 33 degrees.

More Frequently Asked Questions can be found on our website infinityswim.com.au

POLICIES AND PROCEDURES

Class Times

Classes run in accordance with the Victorian school Term curriculum they do not run during school holidays. Enrolments will cover one school term, Then automatically roll over unless the class is cancelled in writing.

Entry Policy

Swim school students can enter the facility up to 5 minutes prior to their allocated lesson time. Late students will be unable to attend their lesson if they arrive 15 minutes or more after their scheduled start time. Note: Late students will forfeit any associated fees.

Payment of Fees

All Term fees are due in full the 3rd week of each term. If clients have difficulty paying fees, arrangements can be made with the manager prior to the term starting. Please speak with Jo if this is the case. Infinity Swim has adopted a 'No fees, no swim policy' please ensure you pay your fees on time to avoid unnecessary and uncomfortable situations. If fees are more than 4 weeks overdue there will be a \$20.00 late fee.

Cancellations

To cancel an enrolment an email must be sent to the swim school manager and will be processed from date of notification. Any fees owed prior to cancellation will remain due and payable. On occasions, lessons may need to be cancelled due to circumstances beyond the control of Infinity Swim. Under these circumstances your child will be provided with a lesson credit; available for use during the following term.

Teacher and Class Changes

Infinity Swim School reserves the right to cancel or change class times, teachers, or re-allocate students as required. The same teacher cannot be guaranteed for every term, Infinity Swim staff will try to work with parents to accommodate the needs of swim school students. As part of our swim school program, students may be instructed by an Austswim teacher-in-training (supervised by an Austswim qualified teacher).

Supervision

For the safety of children and in accordance with Infinity Swim's 'Watch Around Water' policy, children under 16 years must be supervised by a parent/guardian when attending InfinitySwim. Your child's swim teacher will 'handover' each child to their responsible adult at the and conclusion of each lesson. Parents/guardians must always supervise children outside of their allocated lesson time. Children under 5 years should always be within close proximity and clear view of their responsible adult, with no barriers in place. Children aged under 5 years old MUST remain within arm's reach of a responsible adult at all times while enjoying the facilities at Infinity Swim.

Absenteeism Policies

Two hours cancellation notice is required prior to any 1:1 lessons, please call or text Infinity Swim on 0424 207 946 to advise if a 1:1 cancellation is required (emails are not acceptable). For group class absentee's a text must also be received at least 2 hrs prior to class for a make up lesson to be allocated .

Enrolment Process

All student enrolments will automatically roll over to the following term, you are not required to submit a new enrolment form for each term. Swim school students will keep their current lesson allocations unless notified by their teacher (this may require a date or time change). Re-enrolments that occur after a cancellation will require a new enrolment form to be submitted.

ENQUIRIES

For all general enquiries, we have put together a page with a list of Frequently Asked Questions on our website. If you cannot find the answer to your question, please contact our friendly staff members who will get back to you.

Email

hello@infinityswim.com.au

Mobile

0424 207 946

Location

7 Batman Street
SURF BEACH VIC 3922

Website

www.infinityswim.com.au

