

• GAWLER AQUATIC CENTRE •

LEARN TO SWIM

**ENROL IN
2 TERMS
AND SAVE!**

INFORMATION PACK

GAWLER AQUATIC CENTRE

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GawlerAquaticCentre

www.gawler.sa.gov.au

Gawler
AQUATIC CENTRE



SWIM PROGRAMS

NEW BORN PROGRAM

6 MONTHS
TO 18 MONTHS

TADPOLE



- Enter and exit the water safely with Carer
- Using cue words, undertake submersion preparation with Instructor and or Carer's guidance
- Experience surface glides, remaining in contact with Carer
- With assistance, float on back with head on Carer's shoulder and or chest
- With assistance, roll from front to back and back to front
- With support, lean forward, reach for Carer's shoulders and enter the water from a seated position
- Carer to assist manipulation of legs and arms to introduce kicking and paddling on front and back positions

INFANT PROGRAM

18 MONTHS
TO 3 YEARS

FROG



- Enter and exit the water safely with minimal assistance
- Blow bubbles below the surface of the water
- Using cue words, complete a full submersion with Instructor and or Carer guidance
- Hand walk along the edge of the pool and climb out with minimal to no assistance
- Experience assisted glides from Instructor to Carer, and or to poolside holding onto the edge with minimal support
- Float on back with support under the shoulders and or back
- With support, safely enter the water from both a sitting and standing position towards Carer, turn towards poolside and hold onto edge
- With Instructor guidance, demonstrate pulling arm and kicking leg actions

PRE-SCHOOL PROGRAM

3 TO 5 YEARS

SEAHORSE



- Enter and exit the water safely with minimal to no assistance
- Demonstrate front and back floats with minimal assistance
- With assistance using a floatation aid, kick on front and back with correct body position
- Swirl, pull and push the water to feel water resistance
- With assistance, submerge to retrieve an object in waist depth water
- With assistance, safely enter deep water and return to the edge
- Answer questions about dangers in various aquatic environments

PRE-SCHOOL ADVANCED PROGRAM

3 TO 5 YEARS

PUFFERFISH



- Independently enter and exit the water safely
- Demonstrate front and back floats, recovering to a secure position
- Torpedo with correct head and body position for 3 metres with minimal to no assistance
- With assistance using a floatation aid, kick on back for 3 metres
- Independently demonstrate simultaneous arm and leg action for 3 metres
- Safely enter and gain familiarisation in deep water with minimal assistance
- Independently submerge to retrieve an object from waist depth water
- Answer questions about dangers in various aquatic environments

LEARN TO SWIM

5+ YEARS

STARFISH

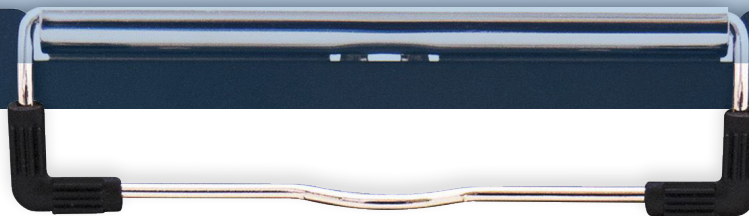


- Confidently enter and exit the water safely
- With assistance, demonstrate front and back floats in waist depth water, recovering to a secure position
- Independently torpedo with correct head and body position for 5 metres
- Demonstrate freestyle without breathing for 3 metres
- Independently kick on back with arms by side and correct body position for 5 metres
- Demonstrate sculling arm action while standing
- Independently submerge to retrieve an object in waist depth water
- Answer questions about dangers in various aquatic environments

CRAB



- Independently perform a slide in entry in various depths of water
- Demonstrate front and back floats in chest depth water for 10 seconds, recovering to a secure position
- Demonstrate freestyle with functional breathing for 5 metres
- Demonstrate backstroke with correct head and body position for 5 metres
- Demonstrate sculling on front, assisted by a gentle flutter kick
- Independently submerge to retrieve an object in chest depth water
- Answer questions about dangers in various aquatic environments



SWIM PROGRAMS

LEARN TO SWIM 5+ YEARS

PENGUIN



- Perform a step-in entry into deep water
- Confidently float on front and back in deep water
- Demonstrate freestyle with correct side breathing for 7 metres
- Demonstrate backstroke with correct head and body position for 7 metres
- With assistance using a flotation aid, demonstrate introductory treading water
- With assistance safely enter deep water to retrieve an object
- Demonstrate a sitting dive in deep water
- Answer questions about dangers in various aquatic environments

OTTER



- Demonstrate a compact entry into deep water
- Demonstrate freestyle with correct head and body position for 10 metres
- Demonstrate backstroke with correct head and body position for 10 metres
- Demonstrate breaststroke with correct technique for 10 metres
- Demonstrate survival backstroke with correct technique for 10 metres
- Independently tread water in deep water for 15 seconds
- Independently and safely enter deep water to retrieve an object
- Perform a kneeling dive in deep water
- Answer questions about dangers in various aquatic environments

OCTOPUS



- Perform a stride entry into deep water
- Demonstrate freestyle using correct technique for 25 metres
- Demonstrate backstroke using correct technique for 25 metres
- Demonstrate breaststroke using correct technique for 25 metres
- Demonstrate survival backstroke using correct technique for 25 metres
- Demonstrate introductory sidestroke using correct technique
- Demonstrate introductory butterfly arm and leg action using correct technique
- Demonstrate the following sequence; perform a compact jump into deep water, tread water for 1 minute, and swim using a flotation aid for 1 minute
- Perform a surface dive to retrieve an object in deep water
- Demonstrate a standing dive in deep water
- Answer questions about dangers in various aquatic environments

SEAL



- Perform a survival entry of choice in response a given scenario
- Demonstrate freestyle with correct technique for 50 metres
- Demonstrate backstroke with correct technique for 50 metres
- Demonstrate breaststroke with correct technique for 50 metres
- Demonstrate survival backstroke with correct technique for 50 metres
- Demonstrate sidestroke with correct technique for 25 metres
- Demonstrate butterfly with correct technique for 25 metres
- Demonstrate the following sequence; perform a survival entry of choice, tread water for 2 minutes, and demonstrate a survival stroke unaided for 50 metres
- Demonstrate a racing dive in deep water
- Answer questions about dangers in various aquatic environments

TURTLE



- Specifically for children with disabilities
- Instructors will work with the person to improve their swimming and water safety skills
- Max class size of 2 depending on child's ability

PRIVATE LESSON



- Have a specific goal you want to achieve? Private lessons can be catered to your needs
- More flexibility available with times and days of lessons
- Private lessons available for people with a disability

ADULT LESSON



- No one is too old to learn how to swim! Our group lessons are great for the scared beginner right through to advanced stroke development
- Group or private lessons available for people with a disability

OTHER PROGRAMS ALL AGES



The Gawler Aquatic Centre Learn to Swim Program takes pride in being an AUSTSWIM industry accredited Learn to Swim program. Our qualified, professional and friendly instructors are committed to providing your children with the best education and enjoyment in their lessons.

In 2014, we were recognised as **South Australia's AUSTSWIM Swim School of the Year** and received a **nomination for 2015 National AUSTSWIM Swim School of the Year**.



AUSTSWIM® SA
RECOGNISED SWIM CENTRE OF THE YEAR
2014



PROGRAM DATES

Term 4 Mon 12 Oct – Sun 13 Dec 2020

Term 1 Wed 27 Jan – Sun 4 Apr 2021

Dec Holiday Intensive Mon 14 Dec – Fri 18 Dec 2020

VACSWIM Mon 4 Jan – Tue 12 Jan 2021

Jan Holiday Intensive Mon 18 Jan – Fri 22 Jan 2021



SESSION TIMES

Mon – Fri 3:30pm – 6pm & Mon, Wed, Fri 9am – 10:30pm

Sat – Sun 8am – 12pm



EARLY ENROLMENT PERIOD

Fri 28 Aug – Sun 11 Oct 2020

- Due to the Gawler Aquatic Centre being closed, enrolments can be made at the Gawler Sport and Community Centre between Mon – Fri, 9am – 9pm.
- Enrol and pay a deposit of \$40 per child to secure your place.
- Students that are enrolled into Term 4 can enrol anytime into Term 1 lessons.



PAYMENTS

Payments are to be paid in full before the commencement of the first lesson. The early enrolment period is designed for multiple instalments to be made before the season commences. Please refer to the back of the registration form for full terms and conditions.

Family Discounts apply to families with three or more Learn to Swim participants. A 50% discount is applicable to the third (3rd) and consecutive participant on Term 4 and/or Term 1 lessons.



PRIVATE HEALTH INSURANCE

Gawler Aquatic Centre is now registered with a number of Health Funds and so you maybe eligible to claim your swimming lessons on your insurance, depending of your provider.

For further information please contact your health insurance provider.

COST

per child

| | |
|---|-----------------|
| Term 4 9 weeks Oct 12 – Dec 13 | \$148.50 |
| Term 1 10 weeks Jan 27 – Apr 1* | \$165.00 |
| Private Swimming Lessons 9 Weeks | \$328.50 |
| Private Swimming Lessons 10 Weeks | \$365.00 |
| VACSWIM 7 days | \$63.00 |
| Holiday Intensive 5 days | \$70.00 |

* Due to public holidays falling on January 25,26, March 9 & the Easter Long Weekend, Term 1 Monday classes will have an 8 week term at a cost of \$132 per child. Students enrolled on Tuesday, Friday, Saturday & Sunday classes will have a 9 week term at a cost of \$148.50.

PACKAGE DEALS

Gawler Aquatic Centre has 2 package deals to choose from. Payment must be made in full before Sunday 11 October 2020 to receive package deal. A parent or guardian of any child under the age of 3 years will receive an adult season pass.

SILVER \$313.50

Enrol into Term 4 and Term 1 at the same time and receive:



FREE

Concession Season Pass

Valued at \$498.50 – Save \$185!

GOLD \$376.50

Enrol into Term 4, Term 1 and VACSWIM at the same time and receive:



FREE

Concession Season Pass
Week of Holiday Intensive

Valued at \$631.50 – Save \$255!