



SCHOOL SWIMMING 2019

AUSTRALIAN INSTITUTE OF SPORT SWIM SCHOOL

SPORTAUS



AIS

Imagine knowing your child is building water confidence and developing correct technique at the home of elite sport in Australia.

Nothing can match the peace-of-mind that comes with the assurance that your child will learn to be safer in and around water.

The AIS Swim School has been dedicated to the development of our swimmers since 1990. We pride ourselves on the quality, delivery and standards of the lessons we provide across all of our programs. We are an AUSTSWIM and Swim Australia registered and accredited swim school with nationally qualified instructors.

Our programs include:

- The Learn to Swim Program (catering for everyone, from infants to adults)
- School Holiday Intensive Swim Program
- School Swimming Program (outlined in this pack)
- Club Aquatics Program (from first time competitors, to national champions)



School Swimming

We have three different swimming programs to choose from. Your school can select the option that best meets the needs of your students.

Swim Safer *Students from Years K-6*

The Swim Safer program focuses primarily on water safety while also providing students with basic swimming skills.

We aim to educate students on water awareness, survival and rescue skills in a variety of aquatic environments. They will spend time developing these skills in both shallow and deep water. We also offer an optional games day to encourage children to enjoy the water while putting their newly learned swimming skills into practice.

Learn to Swim

Students from Years K-6

The Learn to Swim program provides swimming lessons for students from beginner to advanced levels. As a technique-focused swim school our classes are taught over shorter distances to ensure skills are executed with precision. We assess children based on their ability to perform strokes correctly, rather than on the distance they swim, placing them in the level best suited to their ability.

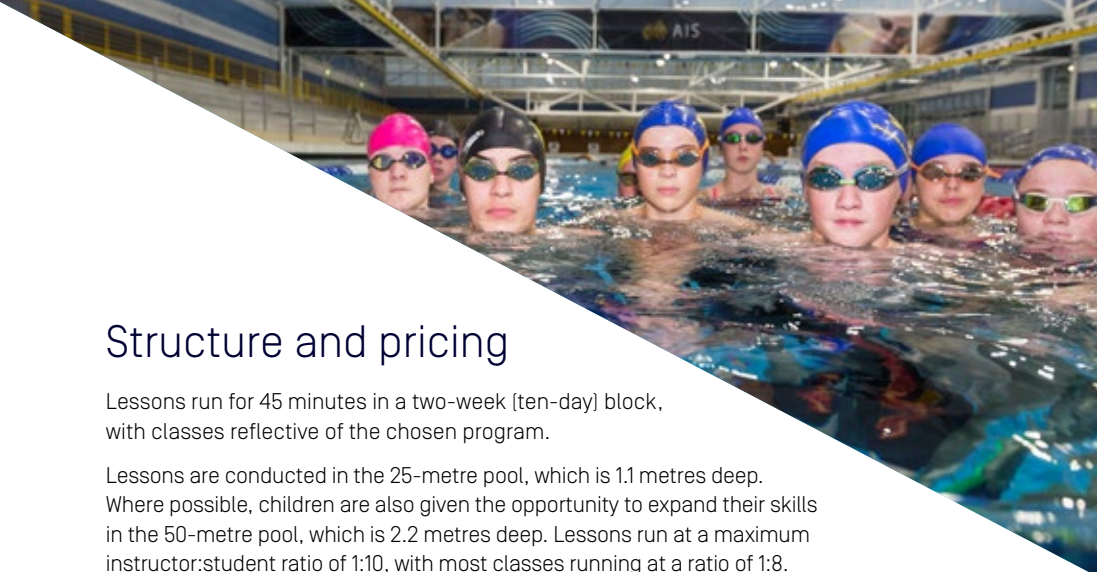
This program also includes two swim safer days to educate students on water awareness, survival and rescue skills in a variety of aquatic environments. We also offer an optional games day to encourage children to enjoy the water while putting their newly learnt swimming skills into practice.

Junior Squad

Students from Years 3-6

The Junior Squad program is aimed at those students who swim competitively and would like to improve their technique in order to achieve a winning edge. This program is highly technique-focused, with a strong emphasis on racing skills, including: starts, turns, finishes and diving. Students will be challenged to swim longer distances while maintaining correct technique and pushing themselves to reach new heights.

We also offer two swim safer days to educate students on water awareness, survival and rescue skills in a variety of aquatic environments and/or an optional race day to encourage children to put their newly learnt skills to the test in a competitive environment.



Structure and pricing

Lessons run for 45 minutes in a two-week (ten-day) block, with classes reflective of the chosen program.

Lessons are conducted in the 25-metre pool, which is 1.1 metres deep. Where possible, children are also given the opportunity to expand their skills in the 50-metre pool, which is 2.2 metres deep. Lessons run at a maximum instructor:student ratio of 1:10, with most classes running at a ratio of 1:8.

The schools program is competitively priced at \$69.00 per student during Terms 1 and 4, and the reduced price of \$65.00 per student during Terms 2 and 3. This price includes daily entry for each child, an AIS Swim School swimming cap and a personalised certificate.

Session availability

All sessions run in 45 minute blocks during the ACT school term.

9:30am – 10:15am 11:00am – 11:45am 12:30pm – 1:15pm 2:00pm – 2:45pm
10:15am – 11:00am 11:45am – 12:30pm 1:15pm – 2:00pm

Term 1

Block 1 04/02/2019 - 15/02/2019
Block 2 18/02/2019 - 01/03/2019
Block 3 04/03/2019 - 15/03/2019
Block 4 18/03/2019 - 29/03/2019
Block 5 01/04/2019 - 12/04/2019

Term 2

Block 1 29/04/2019 - 10/05/2019
Block 2 13/05/2019 - 24/05/2019
Block 3 27/05/2019 - 07/06/2019
Block 4 10/06/2019 - 21/06/2019
Block 5 24/06/2019 - 05/07/2019

Term 3

Block 1 22/07/2019 - 02/08/2019
Block 2 05/08/2019 - 16/08/2019
Block 3 19/08/2019 - 30/08/2019
Block 4 02/09/2019 - 13/09/2019
Block 5 15/09/2019 - 27/09/2019

Term 4

Block 1 14/10/2019 - 25/10/2019
Block 2 28/10/2019 - 08/11/2019
Block 3 11/11/2019 - 22/11/2019
Block 4 25/11/2019 - 6/12/2019
Block 5 9/12/2019 - 20/12/2019

Note: When public holidays occur during the school term fees will be amended to reflect this.

AUSTRALIAN DROWNING STATISTICS

249

Australians drowned

between 1 July 2017
and 30 June 2018

27

were children

aged 0-14 years

72%

male

28%

female

14%

reduction

in drowning deaths in
2016/17

42%

of all drowning deaths
occurred in summer

26%

of people were
**swimming and
recreating**

immediately prior to
drowning

78%

of children who
drowned between the
ages of 0-14 had
**no parent or carer
supervision**

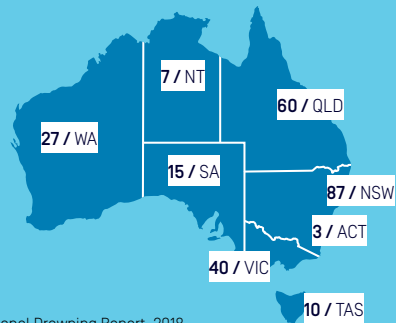


Swimming pools accounted for
36% of drownings in children
5-14 years old

Most likely places for drowning:

- 1 Rivers/creeks/streams
- 2 Beaches
- 3 Ocean/harbour

Number of drownings by state and territory



Statistics taken from the National Drowning Report, 2018



Wear a life jacket



Know your own limits



Swim between the flags



Learn CPR and First Aid



Learn to swim



Fence the pool



Supervise children



Keep gates shut



Award winning swim school


The AIS Swim School offers a multi-award winning program that is nationally recognised by the two peak industry bodies, AUSTSWIM and Swim Australia.


We pride ourselves on setting the benchmark in the industry for teacher training and program delivery and employ only those with the highest standard of teaching. Parents may also be able to claim back a percentage of their lessons through their private health insurance*.

*HCF provider number A112744 and BUPA provider number SW69272

School Swimming Coordinator

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