

# DID YOU KNOW

**Participating in formal swimming lessons was associated with an 88% reduction in the risk of drowning for children aged 1-4yrs**

*American Medical Association's Archives of Paediatric and Adolescent Medicine Study completed in March 2009 by the USA's National Institute for Health*



**SWIM & SURVIVAL ACADEMY**  
The Learn to Swim and Survival Professionals

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The Learn to Swim and Survival Professionals

"Try wiping the smile from their faces!"



**Information Booklet**







Thank you for choosing the Swim and Survival Academy as the provider of swimming and survival tuition for your family. We hope you will enjoy your time with us and we welcome you as a part of our extended family.

If you have any questions or queries, please don't hesitate to speak to one of our friendly staff.

***Welcome to the Swim & Survival Academy***





### **Public Swimming**

We don't offer public swimming at SSA. This is because we are a Swim School. By allowing public swimming at the same time as lessons, our students may be distracted and therefore their learning may be impinged (after all who wants to do a swimming lesson when you could be playing around instead?) As we do have a high demand for lessons, unfortunately there is no pool space to offer public swimming.

### **Photography and Videos**

We all love to see our little ones achieve great things and then capture these moments on film. At SSA we encourage you to do so, but please speak to a supervisor before taking photos. For the safety of all our customers, no photographs can be taken in the change rooms or toilet area for any reason.

We take photographs of our swimmers during various theme days, when they are promoted to lessons from Tiny Tackers and when swimmers graduate to squad. We then use these photos for various internal promotions, such as "Dash TV" to highlight our swimmers great achievements. If you don't want your child to be photographed or their photos to be displayed, please see the supervisor during your swimming session.

We currently video classes for our staff training. These videos are only viewed by the teacher taking the class and a supervisor. They are a valuable training tool for our new staff.

### **Health Issues**

In order to make SSA a safe, hygienic place for everyone to swim, please observe the following:-

- If your child has an infectious illness or condition (such as chicken pox, ring worm, gastro, conjunctivitis etc), then please make sure your child stays away from the pool until their symptoms have cleared.
- If your child has suffered diarrhea, please leave at least a week after the last instance before returning to the pool.
- If your child has papalomas (foot warts), please make sure the area is totally covered with water proof band aids or have your child wear swim boots until the symptoms have cleared.
- If your child has hair dye or face paint on their body or they are covered in dirt (most boys), we request that they shower before entering the pool.
- We advise all our customers to use thongs/crocs in the wet areas.

We provide unlimited make up lessons each term for sick children, so please use these if your child may have an illness that may affect others.

## **When will my child finish the essential learn to swim phase and then transition into swimming as a sport?**

At SSA we would like every swimmer to enter into the first level of our squad program (Jnr Squad) and then complete a 1km non stop swim before we believe they are ready to choose swimming as a sport rather than a life saving skill. We believe this for many reasons, but mostly because a child who appears to swim well in bathers in a protected indoor heated pool over a short distance may struggle in conditions where the water is cold, they are fully clothed and potentially rough conditions.

There is no definitive answer to water safety, but we believe if a swimmer can swim 1km and has learnt the survival components of our program that they are a long way towards this goal.

## **Welcome to the Swim and Survival Academy (SSA)**

**We believe water safety and swimming are essential life skills that every child requires.**

**We thank you for choosing SSA to help provide these skills for your family. Over many years we have developed a system of teaching swimming and survival skills that ensures that all our swimmers are not only learning effectively, but they are having a great time doing it.**

**Our program begins with babies from the age of 6 months and caters for swimmers through to Elite Squad.**





## Information about SSA

### TINY TACKER CLASSES:

Classes for babies 6 months to 3 years (Tiny Tackers) are an introduction to water safety in a fun, playful way.

Teachers concentrate on teaching an understanding of the water environment and developing the necessary skills to become independent and confident. The classes are designed to encompass more than a swimming lesson. By using age appropriate toys, the children have the opportunity to learn colours, shapes and numbers. They can also enjoy the benefits of music through singing skill based songs which compliment their learning. Through various water based activities babies develop perceptual motor skills which enhance their co-ordination and assist their intellectual development. As there are many milestones from 6mths – 3years, we have 5 levels of the Tiny Tacker program to cater for babies stages' of development. A personalized certificate is presented on graduation from each stage of the program as a keepsake. Tiny Tacker classes run every morning of the week as well as all evenings, to allow Dad's and working parents to join in.



### LEARN TO SWIM

We run Learn to Swim sessions during mornings, afternoons and weekends. The morning Learn To Swim program is designed for preschool children, with sessions held every morning of the week. The sessions have a low child : teacher ratio and are designed to be a fun, friendly learning environment. Every swimmer is taught basic survival skills in deep water, such as treading water, floating front and back, recovering back to a safe edge and of course swimming stroke development. Our aim in the morning program is to develop skills in our young swimmers to help reduce the disturbing drowning statistics of children under the age of five, while also teaching them sound swimming skills they will retain for a life time.

Our unique survival focus at the very beginning of the Learn to Swim process gives children the confidence to swim well and to learn quickly. If a child knows they have the skills and independence to survive, they will learn to swim with confidence. The afternoon and weekend Learn To Swim sessions have up to 10 classes running at a time, giving plenty of availability for busy families. These sessions cater for swimmers from beginners to pre squads and are a great way to learn to swim and survive. The afternoon program is aimed at developing survival skills and swimming techniques so our swimmers are able to have the skills and confidence to enjoy most aquatic activities. Promoting self esteem as well as a knowledge around health and fitness within their swimmers, the teachers take pride in watching children learn.

### SQUAD

From 6pm to 8.30pm weekdays we offer a comprehensive Squad program. Squad sessions are run in the purpose built 25m pool. We run a team based program, where all our swimmers are encouraged to work together to achieve goals for their respective squad team. We have a "team" for every squad day. By working in teams, we are not only developing strong swimming and survival skills, but we also teach our swimmers goal setting, and we aim to develop in their

## Things you need to know

### *Water Quality*

At SSA our business is all about what happens in the water, so we strive to maintain the highest water quality . We have three computers monitoring and adjusting chemical levels in the pools 24 hours a day, 7 days a week. We super chlorinate our pools regularly to ensure the water is pristine. We have UV filtration on all pools as an extra layer of sterilization. This then means we can run with lower chlorine levels during session times, reducing both eye and skin irritation for our swimmers and staff.

### *Quality Swimming Tuition*

Teaching swimming and water safety is our primary focus. We strive to deliver the best tuition possible. Our key staff are sent every year to state, national and international conferences to make sure the service we are delivering to you is at the forefront of our industry.

Our staff's attendance to their swimming classes is monitored by management to ensure every child has consistency and structure. Our staff are currently attending around 95% of their rostered shifts.

### *Recording Progression*

Every swimmer at SSA has detailed notes and progression information recorded on our computer system. If a child needs work in a particular area, then the teacher is reminded every week to focus on that child's needs. If a child therefore graduates or attends a make-up lesson in a different class, the new teacher is aware of the child's requirements.

### *Swimming Progression*

As all children are created differently, not all progress at the same rate or at the same time. We acknowledge this fact and have a "back-up" system for children need assistance in certain areas of their swimming. If a child has been 6 months or over on a particular level, the Shift Supervisor and the teacher meet to put together a "progression plan" to help the child develop the skills required for the next level. Some of the solutions may include private lessons, holiday programs, different times or even an instructor with different teaching styles. We often find the children who struggle in one area, excel in others, so spending the extra effort up front returns great results in the long run.

### *Fees*

There are 2 ways of paying term fees for swimmers – by the full term or by paying by installments. Both will need to be paid in advance prior to the end of the previous term for regular clients or prior to the first lesson for new clients. You can also pay via Paypal from home. Simply click on the link when you open your emailed invoice.

### *Trainees*

At SSA, we are constantly training new staff to keep up with the ever growing student numbers. If it looks like you have 2 teachers in your child's class, then the chances are one of them is a trainee teacher learning to teach that particular swimming level. This is a bonus in any class as the child to teacher ratio ensures great learning, enjoy!





teaching standards and managing all staff on the shift. If you have any issues, big or small, flag them down and have a chat – that's what they are there for.

### **Pools.**

As you enter onto the pool deck you will see three pools. The pool in the far left corner (nearest the viewing area) is the treading pool. This is a deep pool designed specifically to enhance swimmers water safety skills. The next pool is our 12m x 10m learn to swim pool. The majority of our beginner learn to swim lessons are conducted here. At the far end of the building is our 25m pool, with is used in the mornings for the Tiny Tacker program and in the afternoons for both our more advanced learn to swim sessions and our squad program.

### **Certificate Desk**

The certificate desk is located at the far end of the reception desk. Here every week the swimmers can collect a free lolly on the way out. The swimmers can also collect from here (when their teacher rewards them) certificates, tattoo's, stamps, stickers and lollypops. All of these are awarded for great performances or enthusiasm and are designed to keep all the swimmers positive and motivated to learn. If your child has an allergy or you would rather them refrain from sugar feel free to request an exchange of their reward for a tattoo or sticker.

### **Change Rooms.**

At SSA we have four change rooms. A ladies (back right), mens (back centre) and two family change rooms at the shallow end of the learn to swim pool. The family change rooms (one for ladies and one for men) are designed to be used when a parent needs to change a child over the age of 7, but the child is of the opposite sex to the parent i.e. mum with an 8yr old boy.

### **Squad Swimming Information Boards**

On the back wall of the building, you will find the squad information boards, distance swimming champions, and trophy cabinet. If your child is nearing the squad area, get them to have a look at the great rewards and information available for our top end swimmers. All squad swimmers are advised to look over the squad information boards every week to keep up with current activities and events.



communication skills, leadership skills and build self belief and determination.

**Term 1 is Personal Best Term**, this culminates at the end of the term with a "PB mini-carnival" which we hold in an outdoor 50m pool. Every swimmer's aim this term is to improve their own swimming times rather than compete against others. All swimmers who improve their times earn points for their team. This is not one to be missed.

**Term 2 is our distance swim term.** During weeks 2 and 7, the swimmers swim over 1km. The fastest in every squad level go up on our 1km fastest time board. At the end of the term the fastest 6 swimmers for every squad swims off over 1km for the title of "top Gun". We also encourage our swimmers to participate in a distance swim. These vary from 1km to 13km's. At the end of the term we celebrate the swimmers results with a presentation day, where the swimmers receive trophies, medals and certificates celebrating their achievements over the term.

**During Term 3 we run our annual SSA squad carnival**, where all the squad athletes compete in standard heats over 50m as well as relays and novelty races. The two novelty highlights are the parent child relay and the coaches V's swimmers relay.

**Term 4 our squad swimmers end the year with a Quick Dash term** and a fun Christmas break up with the family and squad coaches.

Squad swimming at SSA is not only great at developing swimming skills and fitness, but it's great fun to be a part of.

### **SWIM SAFE WEEK**

Water safety is the major focus of SSA. All our programs have a strong water safety element from the baby program (Tiny Tackers) all the way through to the squad program. To further develop safety skills we also run a water safety theme week every term. During this week every



swimmer gets the chance to experience various aspects of water safety such as swimming clothed, safety rules in and around water, using P.F.D's, reach, throw and tow rescues, using life saving boats and safe entries, C.P.R. training, D.R.A.B.C.D, swimming sight impaired, safe water entries, water dangers and how to avoid them and various other safety aspects.

We take water safety seriously.

### **THEME WEEKS**

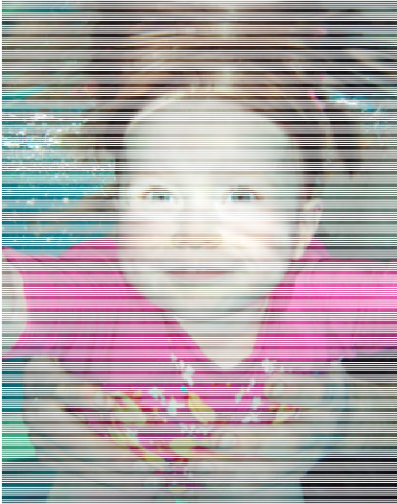
During every term we run a theme week. Theme weeks include, Christmas week, Easter week, Special Persons week, Footy Finals week, Commonwealth and Olympic Games and Teddy Bears Picnic. During these weeks the swimmers will be involved in themed games and activities. The children may be asked to dress up to suit the theme. You may even catch a glimpse of our very special friend and mascot "Dash" the seal. To help support our local community we also sell hot dogs during some of the weeks to help raise funds for Ballarat based charities. In 2008/2009 we donated \$9000 to the Ballarat Base Hospital children's ward. In 2009 we donated \$2500 for the bush fire appeal. 2014 we raised \$6000 for The Uniting Care Giving box to donate Christmas presents to families at Christmas.



## STAFF TRAINING

At SSA we believe in having staff who genuinely enjoy working with children. As a result we look for people with the special X factor and train them to be great instructors.

All our teaching staff at SSA are Austswim qualified and have also passed our intensive 6 month training program. This ensures your family will have a knowledgeable, enthusiastic and passionate swim teacher.



### What you will need to bring on your first lesson

If you are starting in the **Tiny Tacker** program both yourself and your child will need to bring bathers and a towel. If your child is in the learn to swim or squad program, only your child will need their bathers and towel.

All learn to swim sessions run for ½ an hour.

If your child's first lesson is in Level 8 or squad, they will need a set of swim fins, a drink bottle, towel, goggles and bathers. Their session will run for 45 mins, and at Elite squad the session will run for an hour.

If you are venturing into the pool for some water aerobics, you will need, bathers and a towel and a drink bottle is recommended.

## WATER AEROBICS/ AQUA PUMP

A great way to keep fit year round regardless of weather conditions, our sessions run two mornings and two evenings a week. With a friendly atmosphere, working out has never been so much fun. The times and details of our sessions can be found at reception.



## A description of SSA

### White board

On the right hand side before entering pool deck is our Whiteboard. The whiteboard has all the classes to enable you to find where your child's classes will begin and with which teacher. It also has the activities and events coming up, so it's worth keeping an eye on every week. Some of the information detailed here includes, upcoming theme weeks, fees due, staff absences and replacements, etc.

### Certificate Board

On the right hand side opposite reception (near the fish tank), you will find the certificate board. Once your child has completed their swimming assessment it is worth spending a few minutes looking over the board. Highlight to your child the certificate they have achieved and explain to them the requirement for their next certificates, so they will be focused from day one on what they need to achieve.

### Café

On the left as you enter is the *café*. This is open for hot coffees and snacks during all our sessions (from 9am until 6.30pm). We try to keep our food and drinks as healthy as possible, so if you have any suggestions, please let our friendly staff know.

### Reception Area

Beside the *café* you will find the *reception area*. Our friendly reception team are there to assist you with all enquiries about fees, bookings and absences.

### Make Up Lessons For Life

If your child is ill and unable to attend classes, please notify us the day prior to the lesson or before the start of business on the day of their lesson, so you can use the lesson as a make up class later on. Make up lessons accrued by your child will remain with them until they are used. It's better to have sick kids at home to recover, than have them out in public sharing their cold or flu. For full terms and conditions please go to our website or look over the poster in reception.

### Staff Photo Board

On the left side of the doors you will find our *staff photo board*. It is a great idea to make sure your children know who their new teacher is before their first lesson.

### Viewing Area

The area to the left just prior to the glass doors is our viewing area. Most times it is a peaceful haven for parents to have a cuppa and relax while they watch their children swim.

### Shift Supervisors

On pool deck you will find our shift supervisors. We have one in the mornings and two in the afternoons. On your first lesson, locate and identify the shift supervisor on pool deck (they will come over and introduce themselves over your first few weeks). The shift supervisor is there as a customer liaison person. They are experienced swimming teachers and their role is to answer any and all of your swimming related questions. They are also monitoring swimmer progression, ensuring high

