

# La Trobe Swim School Welcome Booklet



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**LA TROBE**  
**UNIVERSITY**  
SPORT

# Welcome



La Trobe's Swim School is built on the importance of safety around any aquatic environment. Our team of experienced teachers will work with each member to help build confidence with their swimming and develop fundamental skills that will result in efficient and proper technique, and most of all have fun along the way!



## Swimming Bag Checklist

- Swimmers
- Towel
- Goggles (optional)
- Swimming Cap (optional)

## La Trobe Swim School Information



La Trobe Swim School has partnered with Royal Life Saving Victoria to deliver their Swim and Survive Program.

Swim and Survive is a fun and dynamic swimming and water safety program that focuses on the development of swimming, personal survival, basic rescue and lifesaving skills. Swim and Survive aims to provide individuals with the required skills to lead safe and active lives in, on and around water.

No matter the level of experience, Swim and Survive is inclusive for everyone at any ability to learn these essential skills.

## Key Details



### Lessons

Lessons run in line with Victorian school terms. No lessons take place in the school holidays.

### Payment Process

Payment is made to La Trobe Sport via a fortnightly Direct Debit taken from your nominated bank account.

### Cancellations

If you wish to cancel your child's lessons, a two weeks notice period must be given in writing to aquatic management.

### Pool access

As a Swim School member, you are entitled to swim free of charge outside of lesson time all year round. One parent or guardian swim entry is included when accompanying the Swim School member.

### Supervision - Watch Around Water Policy

#### Children Under 5 Years:

- Recommended Ratio: Maximum 1 Parent/Guardian to 2 Children
- Must be accompanied into the centre and the water by a responsible parent/guardian.
- Must stay within arm's reach during recreational play activities.

#### Children Under 10 Years:

- Recommended Ratio: Maximum 1 Parent/Guardian to 4 Children
- Must be accompanied into the centre by a responsible parent/guardian
- Must be constantly and actively supervised
- Parents/Guardians must position themselves to have a clear view of the child with no physical or structural barriers between them and the child/children.

#### Children 10 years old and older:

- Parents must use their knowledge of an individual child's swimming ability and general development to determine the level of accompaniment required.



### **What age do you start lessons from?**

We can start children that are turning 4, unfortunately we don't provide lessons for any younger children.

### **Do you offer make up lessons?**

We don't offer make up lessons, however with your membership as part of La Trobe Swim School you can access the pool outside of your swimming lessons and practice your skills.

### **Enrolments**

As part of this membership, there is no longer the need to re-enrol each term, your membership will roll over each term. Please note that T&Cs must be signed to complete initial enrolment and that enrolment is not complete until this has been done.

### **Do you offer assessments before I sign up?**

No, however you can access the enrolment guide to determine what level you are at. If you have any further questions, then please reach out to our Swim School team on [swimschool@latrobe.edu.au](mailto:swimschool@latrobe.edu.au) or call 039479 2973, and the team can guide you through the leveling.

### **Are your staff qualified?**

Yes, all our staff are AUSTSWIM, Life Saving Victoria (LSV) or Swim Australia qualified.

### **How long does your lessons go for?**

Lessons run for 30 minutes for both children and adults.

### **Do you offer private lessons?**

Yes, private lessons are available at La Trobe Swim School. Please email our Swim School management team [swimschool@latrobe.edu.au](mailto:swimschool@latrobe.edu.au) to discuss your options.

### **Will we have the same swimming teacher each week?**

Yes, we like to have the same teacher working with your child which we think is best for their learning and building a strong foundation and relationship with the teacher and confidence in the water. Whilst we do endeavour to maintain the same teacher, the reality is that there will be times when teachers do change.

### **Is your pool heated?**

Yes, the pool is heated, and sits between 28-30 degrees.

### **Do you offer trial lessons?**

No, we don't offer trial lessons, however we treat your first class as an assessment to ensure you are in the correct level.

### **Can I use electronic devices on pool deck?**

No. If you are actively supervising children in and around the water and wearing a pink or yellow wrist band, then we ask that you do not use any form of electronic device on pool deck.

### **What happens if my child is sick?**

We can suspend your child's membership, we will just need you to supply a valid medical certificate which covers a period of two weeks or more.

### **Will I need to get in the water with my child?**

No, you will not be required to be in the water with your child.

### **Once started, can I change my lesson or time?**

We are happy to accommodate this, please speak to Swim School management and we can work out another time that suits best.

### **When can I start lessons?**

You can start anytime, La Trobe Swim School take in new enrolments ongoing, so you don't have to wait until the end of term, when you are ready, come and join us.

### **What if I want to cancel my membership?**

This is fine, you will need to provide 2 weeks (14 days) notice for cancellation and must pay your fees up until your 14 days have concluded. For more information around this please refer to Direct Debit's T&C's online.

All cancellation requests must be made using Direct Debit Cancellation Form in writing to [swimschool@latrobe.edu.au](mailto:swimschool@latrobe.edu.au).

### **Will I receive a membership card?**

Yes, each member will be issued a Swim Member card, this should be presented to reception each time you visit the centre. The first card is free, any replacements for lost cards will incur a \$10 fee.

### **Do you run lessons on Public Holidays?**

No, we do not have lessons running on Public Holidays.

### **How often are assessments run?**

We will run one each term, however if you or your child are excelling in the current level, they will get moved up before assessment

### **How do I pay for my lessons?**

Lessons are paid for via a fortnightly direct debit. Every second Monday the agreed amount will be debit from your nominated bank account.



## Keen to participate in more fun?



La Trobe Sport offers a huge range of sport and active recreation programs for kids and adults alike! Please click the links below to find out more!



**Birthday Parties**



**Rock Climbing**



**School Holiday Programs**



**End of season break ups**



**Court Hire**



**Health & Fitness**





## Contact Us



**Phone Enquiries**  
(03) 9479 2973



**Website**  
[latrobe.edu.au/sport/  
community-programs/learn-to-swim](http://latrobe.edu.au/sport/community-programs/learn-to-swim)



**Address**  
Indoor Sports Centre  
Centreway  
La Trobe University VIC 3086



**Email**  
[swimschool@latrobe.edu.au](mailto:swimschool@latrobe.edu.au)



**LA TROBE**  
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SPORT



**TEAM**  
**LATROBE**

**Opening Hours**  
Monday- Friday: 6-9am and 12pm-8pm  
Saturday- Sunday: 8am-6pm

Please note the pool is closed 9am-12pm weekdays.

## Stay Connected



@ltsactiverec