

Parramatta City Swim Club

Learn to Swim Information Sheet

Welcome to Parramatta City Swim Club "Learn to Swim" lessons. This sheet contains general information about how our lessons operate. Please read on and if you have any questions, feel free to talk to an instructor at a suitable time.

Lesson Times

Lessons are conducted at 9.30am on **Saturdays** all year round, except for a couple of weeks at Easter and Christmas. Lessons usually take between 30 and 45 minutes but this can vary because of the weather, the size of the class, class ability and the age of the pupils.

Lessons are conducted in any sort of weather. A severe thunderstorm may be the only reason why lessons would be cancelled.

Some weeks it may not be possible to fit all students in lessons that start at 9.30. In these situations, a second set of lessons will be conducted as soon as instructors finish their first lesson.

Registration

Lessons are free once you become registered with NSW Swimming. Registration provides pupils with both public liability and personal accident insurance. Cost for the 2007-2008 is \$12.50 per year, which begins on 1st October. Pupils must register within two weeks of their first lesson.

Before their first lesson, each pupil must be enrolled by completing the appropriate form. From then on, the pupil must report to the registration table to have their attendance recorded before each lesson.

Classes

We cater for pupils from about 4 years upwards. Unfortunately we do not have enough instructors to provide the individual attention required for younger children.

Pupils are allocated a class depending on their ability. The classes are:

- **White:** Beginners that will not float unaided;
- **Pink :** Float unaided but improvement required in the movement of arms and legs;
- **Red:** Swim about 8-10 metres but breathing and stroke requires improvement;
- **Green:** Swim about 15-25m of freestyle but improvement in stroke and fitness is required;
- **Blue/Advanced :** Swim more than 25m in two strokes and can tread water;
- **Adults:** Special class to handle the needs of older swimmers.

Achievement certificates are presented to swimmers once they can tread water and comfortably swim at least 25 metres.

Blue/Advanced Classes

The club holds lessons for advanced (blue) pupils on Saturday at 8.30am and one or two nights during the week. These lessons are targeted at advanced learn-to-swim pupils and aims to provide them the extra fitness and skills required to participate in club races.

Cost for registration for pupils in this class for 2007-2008 is \$27.00 per year.

Our Instructors

All instructors are members of Parramatta City Swim Club and have Austswim qualifications. This is the nationally recognised qualification for swimming instructors. Our Instructors are all volunteers.

If you would like to become an instructor or help out in some other way, please talk to Bruce or Wendy.

Parramatta City Swim Club

Parramatta City Swim Club was established in 1951 which makes it one of the oldest swimming clubs in Australia. The club started Free Learn to Swim lessons in the same year.

The club caters for swimmers at all levels. Club races are held before Learn to Swim lessons at 7.30am **Saturday** mornings at Granville Pool.

Once a pupil has graduated to Blue, it is recommended that they should attend club races to improve their fitness and take on other challenges.

Hints for Parents

- Children should not get in the water before lessons. Children that get wet before their lessons become cold, lose concentration and do not learn as fast.
- Praise and encourage your children. Remember, each child is different and will learn different skills at a different rate.
- Please arrive at the pool before 9.30am. This will help our instructors to get the lessons started on time and minimise any disruptions to the lessons.
- Pupils that attend lessons every week learn fastest.
- Bring your sunscreen and hats!

Contact Details

Parramatta City Hotline 0432 852 242
Bruce Horlyck Chief Instructor 9858 1437 (H)
Wendy Wood Instructor 9688 3367(H)
or email parracity@parracityswimclub.com.au

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