



# SWIM CENTRE

## SWIM SCHOOL

### *Introduction guide*



#### **KEEPING STARplex SAFE**

- Where possible only one parent / guardian should attend, additionally wherever possible it is asked that siblings do not attend.
- We recommend limiting the use of change rooms and shower facilities.
- **DO NOT** enter the Swim Centre more than 5 minutes prior to your lesson and leave as soon as possible after its conclusion.

**STARplex** 18-20 Alexander Ave, EVANSTON PARK  
Phone 8522 0685 or 8523 8742 | [www.starplex.com.au](http://www.starplex.com.au)





# STARplex SWIM CENTRE

# Swim School

## Welcome to STARplex Swim School...

Our program provides a friendly, encouraging, ability based learning environment, with quality technique based instruction on the four competitive strokes and other water safety skills. We aim to bring swimmers to graduation through a progressive certificate reward system (*see attached diagram - Levels of Achievement*). Swimmers are given the opportunity to either continue into competitive swimming or establish the skills to participate confidently in a variety of water based activities.

## Operational Hours:

### Monday to Friday

**Morning Sessions** 9.00am - 11am

**Afternoon Sessions** 3.30pm - 6pm

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**Saturday** 8am -12pm

**Sunday** 9am -12pm

## Enrolling into Swim School:

When you enrol in STARplex Swim School, your child will be put into a class according to ability. Often children will need an assessment to enable us to find the right class for your child's ability (over 5 years only). There is no extra cost for assessment and it will take about 5 - 10 minutes. We will then find a suitable day and time to enrol your child in lessons. Book your child's assesment in person at STARplex Swim Centre or Phone 8522 0685.

All swimmers enrolled in STARplex Swim School receive free public swimming during any of our advertised public swimming sessions.

## Payment Options:

**Direct Debit** \$18.50 per week, per child

Direct Debit payments are deducted from your nominated account every fortnight on a Monday morning, 48 weeks of the year. Payment is stopped over the Christmas/New Year for 4 weeks.

**Please note:** The minimum enrolment period is 4 weeks for swim school. We require 2 weeks notice to cancel lessons during which you can attend the last two lessons or one further fortnightly payment will be made. There is a \$15 rejection fee if the transaction is rejected. Enrolment is ongoing unless we are notified in writing that you wish to cancel. For the full terms and conditions of direct debit please visit our website: [www.starplex.com.au](http://www.starplex.com.au)

## January Swim School Holiday Program

Due to lessons being on 48 weeks of the year, we offer a January School Holiday Program. Dates to be confirmed. For further information phone STARplex Swim Centre on 8522 0685.

## Missed Lessons

We offer 2 replacement sessions per child every 10 weeks for when you cannot attend lessons. Alternatively you can ask for a practise pass which will admit the whole family to any of our public sessions. \*conditions apply

Medical suspensions are available with a medical certificate when three or more consecutive lessons are missed.

## Assessments

Swimmers are assessed and promoted into higher levels as soon as they are deemed confident and competent at the certificate requirements of their current level. Please speak to the supervisor on deck for any feedback regarding your child's swimming.





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## Health Standards:

STARplex Swim Centre maintain the highest water quality through UV disinfection and chlorine. Health Standards must be adhered to at all times and as such we ask that children be excluded from swimming in the following instances:

- Chicken Pox
- School Sores
- Open wounds
- Cold Sores
- Conjunctivitis

Children with planter warts may swim, providing they are receiving treatment from a doctor and have them covered whilst swimming.

Children who have had diarrhea should not swim for a period of 14 days.

Children who have had vomiting should not swim for a period of 7 days.

If your child suffers from asthma we recommend they have their puffer with them at swimming lessons and if they have asthma plan that it is presented to the swim centre office.

Please contact our Swim Centre staff if you have any questions or concerns regarding specific health conditions on 8522 0685.

**WARNING:** If you need to take a photo of your child in this facility, you must see a staff member first for the safety and protection of all children. NO VIDEO is to occur in this facility.

## Recommended Swim Wear:

All children must be in appropriate swimwear during lessons. Children are encouraged to wear fitted swimwear. Swimming lessons are a long-term investment and our staff continually report that children who wear board shorts and the like, will take longer to progress through the levels. Board shorts fill up with water and make the legs extremely heavy and restrict flexibility. Goggles are of great benefit to children in the water allowing clear sight and for keeping water out of their eyes. STARplex Swim Centre staff promote the wearing of swim caps to assist children whilst learning to swim. In addition to ensuring better water quality, children are able to keep hair out of their eyes and reduce drag, therefore improving their ability to learn their strokes. Goggles and swim caps can be purchased from the STARstore located at the main entrance. Please ensure all swimming attire is named.

**Please note:** We recommend that boys and girls aged 8 years and over use the gender specific change rooms. A family room is available for use. Please ask staff on duty.

## Safety Around Pools:

**Children up to 10 years old must be under adult supervision whilst in the pool area. Children under 5 years of age must be accompanied by a responsible adult in the water within arms' reach to ensure their safety. No glass is permitted in the Swim Centre.**

Seating is available in the pool area whilst children have their lessons. For their own safety, please do not allow children to sit on the side of the pools, or to lean over the edge of the pools. We encourage pool safety at all times and ask that parents assist our staff to reinforce this for the children's benefit.

All pool equipment should be left for teacher use only during lessons.



**Held at STARplex...**Active Training Nationally Accredited Swimming Instructor Course. Minimum age 16 years.

**Ask us more!**





# STARplex SWIM CENTRE

## Swim School

## Levels of Achievements

### WATER BABIES 4months – 3 years

#### 1. Waterbabies

- Water familiarisation
- Water confidence
- Breath control
- Paddling
- Submersion
- Floating
- Gripping
- Kicking
- Freefalls and safety jumps
- Rotation
- Climbing
- Flotation aids



#### 2. Watertots

- Floating
- Gripping
- Breathing
- Submersion
- Independent climbing
- Kicking
- Boardwork
- Paddling
- Torpedos
- Rotation and regaining swimming position
- Safety jumps / other entries



#### 3. Tadpoles

- Enter and exit the water safely
  - Happily submerge
  - Demonstrate propulsion using your legs
  - Swim with good head position
  - Attempt a safety jump
- This level prepares children for the transition to our Pre-School Program (Aqua Tots Program).



### PRE-SCHOOL 3 years – 5 years

Ask us any time about your child's progress...

#### 4. Goldfish

- Enter and exit the water safely
- Happily submerge
- Demonstrate propulsion using legs
- Swim with a good head position
- Attempt a safety jump



#### 5. Jellyfish

- Enter and exit the water safely
- Torpedo the STARplex way
- Happily lay back in the water
- Dive down head first to retrieve a toy
- Achieve a mushroom float in the small pool



#### 6. Seahorses

- Slide in entry
- Swim 6 metres freestyle the STARplex way
- Swim 6 metres backstroke kicking the STARplex way
- Attempt a squatting dive with or without assistance
- Achieve a safety jump in the main pool
- Treading water for 5 seconds



### SCHOOL AGE 5 years +

#### 7. Penguins

- Enter and exit the water safely
- Torpedo the STARplex way
- Float on your back without an aid
- Submerge and pick up a toy
- Attempt a safety jump
- Mushroom float



#### 8. Yabbies

- Slide-in entry
- Swim 10 metres Freestyle the STARplex way
- Swim 10 metres Backstroke kicking the STARplex way
- Confidently roll to breathe during Freestyle swim
- Dive down head first with or without assistance
- Achieve a safety jump
- Tread water for 5 seconds



#### 10. Turtles

- Swim 10 metres Breaststroke
- Swim 10 metres Freestyle
- Swim 10 metres Backstroke
- Swim 10 metres Butterfly kick
- Crouching dive from the pool edge
- Tread water for 30 seconds



#### 9. Stingrays

- Swim 10 metres Freestyle with correct breathing
- Swim 10 metres Backstroke
- Squatting dive from the pool edge
- Tread water for 10 seconds



### STARSQUAD

STARsquad is not a certificate based program.

#### 1. Mini Squad

(selected by coaches)

#### 2. Star Swim or Rising Stars

#### 3. Junior Squad

#### 4. Junior State Squad & Senior Squad

State Open & National Open (Senior Squad)

Ask us more... Swimmers who have completed our Swim School top level (Turtles) and wish to move into a competitive path, ask about our STARsquad Program and joining our STARplex Swim Club.