



**Griffith Regional Aquatic
Leisure Centre**

Swim Program

2024/25



Swimming Programs

Splash Swim School - dedicated to excellence in swimming instruction and coaching

At Splash Swim School we strive to deliver the highest quality swimming and water safety programs to children of all ages and abilities. We aim to conduct lessons in a fun and safe environment in a professional and efficient manner.

We are passionate about providing swimming education, a core life skill, to those within our community.



Welcome to Griffith Regional Aquatic Leisure Centre (GRALC).

GRALC offers a number of ways to stay fit the whole year round, whether you prefer to be in the pool or in the gym.

For those who want to work out in the water, there are three indoor heated pools, a 25m x 10-lane pool, an 18m x 4-lane pool, a toddler pool with a water feature and fountain for younger swimmers, a 50m outdoor pool (Summer use) as well as a hot spa to relax in after a workout. Water quality is constantly monitored and exceeds the NSW Health Department Regulations.

Child minding facilities are available weekday mornings, enabling parents to enjoy their workout safe in the knowledge that their children are well cared for.

A fully comprehensive Learn to Swim Program and Swim Squad run throughout the year. These programs offer water confidence and swimming lessons to all age groups starting from 6 months. All of our facilities are supervised by fully qualified staff that are always happy to provide help and advice.





Swimming Programs



Griffith Regional Aquatic Leisure Centre and Splash Swim School provide learn to swim classes for children from 6 months through to squad level.

Splash Swim School is an AUSTSWIM and Australian Swim School Association recognised organisation and our Instructors are continually being upskilled. Our instructors teach the ideal balance of swimming skills and water safety in a safe and welcoming environment.

Splash Swim School focusses on teaching your child how to swim, but also making them water aware and encouraging them to be safe in and around the water.

We offer lessons weekdays and Saturday mornings in line with school terms as well as during selected school holidays. Our small class sizes ensure your child receives quality lesson time.

New Enrolments

If your child has never been enrolled in Splash Swim School before, you will need to complete an enrolment form, which is available online at www.gralc.com.au

*New students may require an assessment to gauge the appropriate level.

What to bring to swimming lessons

- Appropriate swimwear
- Towel
- Swimming cap - while this is not compulsory, it is advisable
- Hair bands (for students with long hair)
- Appropriate footwear and clothing for leaving the Centre
- Children who are not toilet trained are required to wear a swim/aqua nappy at all times.

Medical Considerations

Please inform us of any medical considerations that your child may have. It is essential the instructors be aware of any conditions in order to keep your child safe and to cater to their needs within the lesson. All medical information is treated confidentially.

A photograph of a baby swimming in a pool. The baby is looking towards the camera with a slight smile. A colorful ball with yellow and green spots is floating in the water in the foreground. The background shows a person in a blue shirt, likely an instructor, partially visible in the water.

Play, Learn & Swim Together - Babies to 3y/o

Baby & Toddler Classes

Baby and Toddler classes are a perfect way to familiarise your little ones with the water as well as provide important bonding and play time.

Class format

At this age children learn best with fun repetitive activities, which means you may find the instructor using the same songs or repeating the same activity each week.

Our main focus is safety, with floating being the best skill your child can learn at this age. Our aim is for your child to float independently, however this does take time to achieve.

Your lesson will start with a hello song, followed by activities such as floating, bubbles, turning around, kicking and ends with a goodbye song.

What to bring

A parent or carer must be in the water with your child. It is recommended that the parent wear suitable swimwear as child may grab on for support - a t-shirt or rash shirt is ideal. Expect to get wet and involved in the lesson!

Your child should wear a swimmer nappy under

their swimmers. If your child feels the cold, we recommend you dress them in a long sleeve rash shirt or long sleeve swimmers. Most importantly, bring your sense of fun - these lessons are designed to be engaging, playful and interactive.

Baby Play - 6 months to 18 months old

Our Baby Play class enables infants to become familiar with the water, develop water confidence and water safety through a range of enjoyable and fun activities.

1 instructor with 10 children/parents

Toddler Time - 18 months to 36 months

Toddler Time further builds on their water confidence and introduces independence while focusing on water safety and floating.

1 instructor with 10 children/parents

Tadpole: 30 months & over.

This transitional class from toddler time to learn to swim lessons, is similar to toddler time but without a parent in the water with the child, and will further develop independence in the water.

Duration: 20 minutes, 1 instructor to 2 children.



Learn to Swim Lessons - from 3 and up

Learn to Swim Lessons

Starfish

The Starfish level encourages and achieves water confidence and independence in the water. Lessons focus on developing the following skills:

- 3m rocket
- Face in/blow bubbles
- 3m kick on board (front & back)
- Front and back floating

Duration: 30 minutes, 1 instructor to 4 children.

Swimmer Crab

Swimmer Crabs master strong straight legs, flutter kick (front & back), encourages confidence, mobility, submerging and propulsion. Lessons focus on developing the following skills:

- 5m front rocket
- 5m back rocket
- Retrieve submerged object

Duration: 30 minutes, 1 Instructor to 5 children.

Octopus

Octopus builds on streamlining body position and develops an understanding of freestyle and backstroke action. Lessons focus on developing the following skills:

- 8m front rocket
- 8m back rocket
- 8m freestyle action
- 8m backstroke action

Duration: 30 minutes, 1 Instructor to 5 children.

Penguin: Lesson time 30 minutes

Penguins are introduced to basic freestyle and backstroke with the coordination of legs, arms and breathing. Lessons focus on developing the following skills:

- 18m freestyle with breathing
- 18m backstroke
- Push, glide, and kick
- Kneeling dive

Duration: 30 minutes, 1 Instructor to 5 children.

Seal Cub: Lesson time 30 minutes

Seal Cubs will work on developing freestyle and backstroke technique, with bilateral breathing and gaining confidence in the 25m pool. Lessons focus on developing the following skills:

- 25m correct bilateral freestyle
- 25m correct backstroke
- Underwater swim
- Somersault

Duration: 30 minutes, 1 instructor to 6 children.



Seal

Seals will master correct technique and body position for freestyle and backstroke as well as introduce breaststroke kick and improve stamina. Lessons focus on developing the following skills:

- 50m bilateral freestyle
- 50m backstroke
- Somersault push off the wall
- Standing dive

Duration: 30 minutes, 1 instructor to 6 children.

Mantaray: Lesson time 45 minutes

Mantarays further develop freestyle and backstroke technique, increasing stamina, introduce tumble turns and master breaststroke. Lessons focus on developing the following skills:

- 75m freestyle & turns
- 75m backstroke & turns
- 50m breaststroke
- Block dive

Duration: 45 minutes, 1 instructor to 10 students.

Dolphin: Lesson time 60 minutes

Dolphins will further extend on all strokes, master butterfly, tumble turns and diving. Students will also increase distances and increase stamina. Flippers

are required at this level.

- 200m freestyle & turns
- 200m backstroke & turns
- 100m breaststroke & turns
- 50m butterfly & turns

Duration: 60 minutes, 1 instructor to 12 children.

Please note: Each level has a checklist of skills which must be accomplished in order to progress to the next level. For a full description of the level criteria please refer to our website at www.gralc.com.au

Private Lessons: Lesson time 30 minutes

One-on-one tuition to focus on individual needs. Limit to 2 children per class. For maximum results, we recommend 1 child per lesson. Lessons are by appointment and places are limited. Cost is \$48 per half hour weekdays or \$58.00 per half hour Saturdays.

Special Needs Lessons

These one-on-one lessons are designed for children with special needs. Our professional instructors are experienced in special needs aquatic education and help students learn to swim and be safe in the water. Please contact the Centre for further information.



Useful information

Water Safety

Keeping kids safe in and around water is of the greatest importance. In accordance with AUSTSWIM and Royal Life Saving Society, Splash Swim School incorporates survival skills in each lesson and dedicates one week per term is focused on water safety. In these lessons the student is taught self rescue techniques (which encourages students to float, swim to safety and essential survival skills), treading water, PFD use and survival strokes.

Assessments

Learning to swim is a long and ongoing process and for many, is a difficult skill to master. Some students can hit a plateau, while others progress in leaps and bounds. Each level has a checklist of skills which must be accomplished in order to progress to the next level.

Class levels are assessed at different weeks each term. This allows for quality time to be spent with each child during the assessment and provides the ability to change your enrolment as soon as the child progresses. If you have any questions about your child's grading or progress, please see our Swim School Coordinator - if you have concerns, we can arrange an additional assessment. We

understand feedback is important and are happy to discuss your child's progress and answer any questions you may have.

Make Up Lessons

As consistency is important when it comes to learning to swim, we provide make up lessons when we have been notified of an absence at least two hours prior to the lesson commencement time. Make up lessons are subject to availability and must be used within the same term. Please note that make ups are not available in the first 2 weeks of term.

Website

Our website is a great source of information - from our Splash Swim School policies to class timetables, newsletters, class level descriptions, enrolment forms, direct debit form and class cancellation forms, it is a valuable tool. To find out more, visit www.gralc.com.au

Keep watch

It is important while using our facility that you monitor your children while they are in the water.



Participants - Roles and Responsibilities

Splash Swim School's learning environment consists of professional, skilled, passionate and caring swim teachers/coaches providing positive, constructive and enjoyable activities that enhance your child's learning of swimming and water safety.

A student's reaction to swimming and water safety education will depend on a number of factors including:

- Age
- Physical characteristics
- Physical development
- Prior experience
- Language development
- Cognitive development
- Cultural background
- Health, wellness and functionality

Splash Swim School ensures that the pace and level of involvement in swimming and water safety programs be consistent with the functional ability and skill of your child.

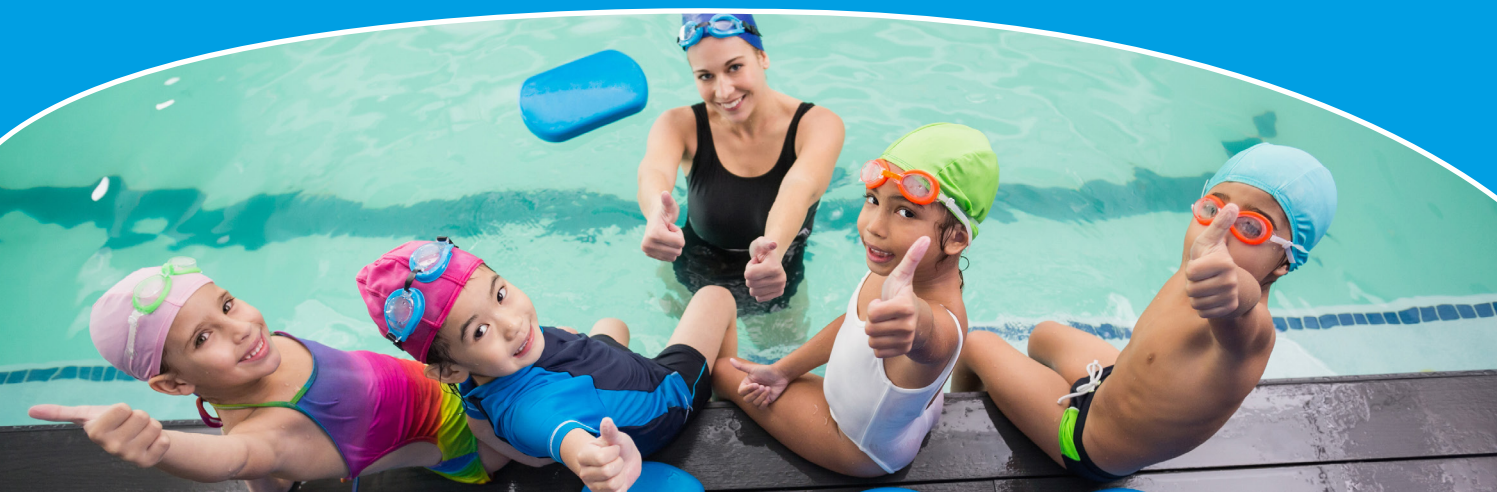
At Splash Swim School we respect the rights of the students, and their participation in lessons will not be forced. We expect that students and parents

will also respect their teacher/coaches guidance during lessons.

Your child's safety is of great importance to Splash Swim School. Teachers/coaches have the right to sit a child out of the pool or, on very rare occasions, be asked to leave the lessons if they are behaving in an unsafe manner which puts themselves or others at risk.

All Splash Swim School participants and parents are asked to:

- Not allow children to participate in lessons if they are unwell
- Obey the rules at all times
- Have long hair tied back or wear a swim cap
- Swim caps must be worn in the higher levels (Seals to Squad)
- Students who are not toilet trained must wear a swim/aqua nappy
- Do not change a child in public view, the family change rooms are recommended
- Parents are to be in the Centre supervising their children if they are under 10 years old
- The use of visual recording equipment is restricted unless permission has been granted



Child Safety

Splash Swim School want all children to feel and be safe. Everyone that works here will do their best to make sure that children;

- Feel comfortable
- Feel cared for
- Feel safe
- Be safe

All staff at GRALC have undergone a NSW Working With Children Check* before being employed or upon turning 18.

If you, or your child, is ever unhappy with something that is happening here or there is something you are worried about we want you both to feel comfortable talking to someone.

For matters regarding your child's lessons and progress you can talk to any of our Swim School Supervisors.

You can find the Supervisor on pool deck wearing a black "Splash Swim School" shirt whilst swimming lessons are on.

If you have concerns about the treatment of your child by a staff member, another student or another parent you can contact either the Swim School Coordinator or Leisure Services Manager to discuss your concerns. You can be sure that;

- The Swim School Coordinator or Leisure Services Manager will make time to talk to you,
- Your concerns will be taken seriously and investigated,
- You will receive feedback on the outcome of those investigations,
- All discussions will be treated confidentially unless otherwise required by law,
- If it is decided after investigation that a law may have been broken, or if you request it, the Police or other authorities will be notified.

* If you would like more information on the Working With Children Check, please visit www.kidsguardian.nsw.gov.au



Splash Swim School Fees

All Learn to Swim Levels (10 week term)

\$16 per lesson weekdays or \$17 per lesson Saturdays.

Special Needs

\$21 per lesson

Please note: Family discounts apply. Please see one of our Customer Service Officers for details.

Direct Debit

Fees can now be paid by direct debit on a fortnightly basis. Please speak to one of our Customer Service Officers for details.

Swim School Calendar

Splash Swim School operates during school terms. Term dates for 2024/25 are:

Term 3 2024: Monday 22 July to Saturday 28 September

Term 4 2024: Monday 14 October to Saturday 14 December

Term 1 2025: Monday 03 February to Saturday 12 April

Term 2 2025: Monday 28 April to Saturday 5 July

School Holiday Intensives

Advance your child's swimming ability during selected school holidays by booking into the Intensive Swimming Program.

The Intensive Program provides daily classes (Monday - Friday) for students to attend lessons every day for one or two weeks over selected school holidays.

Please check with Customer Service regarding sessions and availability.

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Squad

GRALC offers swimmers the chance to train year round with our team of committed and highly experienced coaches and staff.

The multi-level squad program caters for squad level swimmers of all ages who wish to increase fitness, endurance and improve technique.

Our competitive squads offer an opportunity to compete at Club, District, State and National levels.

All swimmers who would like to join the Swim Squad are required to be assessed by our Head Coach.

Our squad levels have set criteria, which must be met before entry is approved.

Gym Sessions

Gym (dry land) sessions may be conducted throughout the term. Notice will be given to children if a session is planned. Please bring closed-in shoes, towel and drink bottle.

Marlin Squad: Lesson time 60 minutes

This is our beginner squad level and offers fitness and stamina to students. Students must be competent in all 4 strokes, dives and turns.

Bronze Squad

Bronze Squad is aimed at swimmers who have

progressed through the Marlin Squad or have been assessed by the Squad Coach, and are wanting to become competitive swimmers. A recommendation of 3 training sessions must be attended each week.
Recommended attendance 3 sessions.

Silver Squad

Silver squad swimmers have shown considerable ability and a desire to become dedicated to the training and competitive aspects of the sport.

Recommended attendance 5 sessions.

Gold Squad

Gold Squad swimmers are competing at State and National levels. At this high performance level, swimmers are expected to make the highest commitment possible to their training and swimming.

Recommended attendance 5 sessions.

Sessions: To be advised by the Squad Coach

Note: School holiday and Saturday morning training sessions may be offered throughout the year at the coach's discretion.



What do I need to bring?

Swimmers preparing for training sessions need to be on time and bring their full kit bag.

Squad Kit: Mesh kit bag, flippers, goggles, kickboard, swim cap, pull buoy and drink bottle.

Squad Fees

Please note: Squad memberships includes training sessions, gym and pool entry only.

- **Bronze:** \$54 per fortnight
- **Silver:** \$61 per fortnight
- **Gold:** \$65 per fortnight

5% discount for 2 children enrolled in Squad.

10% discount for 3 or more children enrolled in Squad.

Griffith Swimming Club

Squad participants are encouraged to attend the Griffith Swimming Club time trials Wednesday evenings, starting at 6.15pm.

For more information relating to the Griffith Swim Club, please visit www.griffith.swimming.org.au

Crèche

'Lil Petals Crèche operates Monday to Friday 9am to 12pm and provides short term childcare (max. 2 hours) while you utilise our facilities.

Fees: \$7 per child per hour or part thereof.
Multipass: \$160 for 30 visits (per hour or part thereof).

Please Note: The Crèche is not open Public Holidays. Parents/carers must not leave the Centre while your child(ren) are in the Crèche.

Please see Customer Service for more information.

Splash Swim Shop

The Splash Swim Shop stocks a wide range of quality swimwear and goggles for adults, children and toddlers.

The Splash Swim Shop also has a range of training equipment including fins, kick boards, pull buoys, paddles, caps and much more. Why not check out our Back Beach Co hooded towelling robes which are available all year round simply zip up your towel and go. Take a look today.



Swimming Fees

Prices valid 1 July 2024 - 30 June 2025

Casual Entry

Adult	Student	Preschool	Pensioner	Spectator
\$7	\$5	\$3.50	\$5	\$1.50

Children under 2 years are free

Family Entry: \$20

Water Aerobics Classes

Adult	Student/Concession
\$17.50	\$11

30 Visit Pool Multipass

Adult	Student/Pensioner
\$160	\$105

Pool multipass includes use of the pool and Senior Water Aerobics Classes only. Valid for 3 years from date of purchase.

Pool Memberships

3 months	12 months
\$200	\$510

Are you interested in the fitness club?
Pick up a brochure today!

Griffith Regional Aquatic Leisure Centre

Cnr Wayeela & Olympic Streets Griffith NSW 2680

P: 6962 8228 www.gralc.com.au www.facebook.com/gralcAU

