



Swimming Program 2024



Where?



Kingswim is located at 455 Ballan Rd, Manor Lakes.

Therefore students will be walking to and from school for their allocated swimming time.

When?

Term 3

Year 5/6 - Monday Aug 26 - Friday Sep 6

Year 3/4 - Monday Sep 9 - Thursday Sep 19 *Please note neither Fridays are swimming days due to Feast Day and end of term

Term 4

Year 1/2 - Monday Oct 7 - Thursday Oct 17 *Please note Friday Oct 18 is Multicultural Day so no swimming

Prep - Monday Oct 21 - Friday Nov 1



When?

OLSC Swimming Timetable 2024

Year 5/6					
	Monday 26 Aug	Tuesday 27 Aug	Wednesday 28 Aug	Thursday 29 Aug	Friday 30 Aug
12:15 - 1:00	56W ○ Chelsea	56W ○ Chelsea	56W ○ Chelsea	56W ○ Chelsea	56W ○ Chelsea
1:00 - 1:45	56B ● & 56O ● Scott & Ann	56B ● & 56O ● Scott & Ann	56B ● & 56O ● Scott & Ann	56B ● & 56O ● Scott & Ann	56B ● & 56O ● Scott & Ann
1:45 - 2:30	56Y ● & 56R ● Krys / Zach & Ben	56Y ● & 56R ● Krys / Zach & Ben	56Y ● & 56R ● Krys / Zach & Ben	56Y ● & 56R ● Krys / Zach & Ben	56Y ● & 56R ● Krys / Zach & Ben
	Monday 2 Sep	Tuesday 3 Sep	Wednesday 4 Sep	Thursday 5 Sep	Friday 6 Sep
12:15 - 1:00	56W ○ Chelsea	56W ○ Chelsea	56W ○ Chelsea	56W ○ Chelsea	56W ○ Chelsea
1:00 - 1:45	56B ● & 56O ● Scott & Ann	56B ● & 56O ● Scott & Ann	56B ● & 56O ● Scott & Ann	56B ● & 56O ● Scott & Ann	56B ● & 56O ● Scott & Ann
1:45 - 2:30	56Y ● & 56R ● Krys / Zach & Ben	56Y ● & 56R ● Krys / Zach & Ben	56Y ● & 56R ● Krys / Zach & Ben	56Y ● & 56R ● Krys / Zach & Ben	56Y ● & 56R ● Krys / Zach & Ben

When?

Year 3/4

	Monday 9 Sep	Tuesday 10 Sep	Wednesday 11 Sep	Thursday 12 Sep	Feast Day
12:15 - 1:00	34Y ● & 34W ○ Hayley & Emma	34Y ● & 34W ○ Hayley & Emma	34Y ● & 34W ○ Hayley & Emma	34Y ● & 34W ○ Hayley & Emma	
1:00 - 1:45	34R ● & 34O ● Jannine & Adam	34R ● & 34O ● Jannine & Adam	34R ● & 34O ● Jannine & Adam	34R ● & 34O ● Jannine & Adam	
1:45 - 2:30	34G ● & 34B ● Josh & Beth	34G ● & 34B ● Josh & Beth	34G ● & 34B ● Josh & Beth	34G ● & 34B ● Josh & Beth	

	Monday 16 Sep	Tuesday 17 Sep	Wednesday 18 Sep	Thursday 19 Sep	End of Term 3
12:15 - 1:00	34Y ● & 34W ○ Hayley & Emma	34Y ● & 34W ○ Hayley & Emma	34Y ● & 34W ○ Hayley & Emma	34Y ● & 34W ○ Hayley & Emma	
1:00 - 1:45	34R ● & 34O ● Jannine & Adam	34R ● & 34O ● Jannine & Adam	34R ● & 34O ● Jannine & Adam	34R ● & 34O ● Jannine & Adam	
1:45 - 2:30	34G ● & 34B ● Josh & Beth	34G ● & 34B ● Josh & Beth	34G ● & 34B ● Josh & Beth	34G ● & 34B ● Josh & Beth	

When?

Year 1/2

	Monday 7 Oct	Tuesday 8 Oct	Wednesday 9 Oct	Thursday 10 Oct	Friday 11 Oct
12:15 - 1:00	12W ○ & 12O ● Shalome & Gillian	12W ○ & 12O ● Shalome & Gillian	12W ○ & 12O ● Shalome & Gillian	12W ○ & 12O ● Shalome & Gillian	12W ○ & 12O ● Shalome & Gillian
1:00 - 1:45	12B ● & 12G ● Jordan & Imogen	12B ● & 12G ● Jordan & Imogen	12B ● & 12G ● Jordan & Imogen	12B ● & 12G ● Jordan & Imogen	12B ● & 12G ● Jordan & Imogen
1:45 - 2:30	12R ● & 12Y ● Tina & Bianca	12R ● & 12Y ● Tina & Bianca	12R ● & 12Y ● Tina & Bianca	12R ● & 12Y ● Tina & Bianca	12R ● & 12Y ● Tina & Bianca

	Monday 14 Oct	Tuesday 15 Oct	Wednesday 16 Oct	Thursday 17 Oct	Multicultural Day
12:15 - 1:00	12W ○ & 12O ● Shalome & Gillian	12W ○ & 12O ● Shalome & Gillian	12W ○ & 12O ● Shalome & Gillian	12W ○ & 12O ● Shalome & Gillian	
1:00 - 1:45	12B ● & 12G ● Jordan & Imogen	12B ● & 12G ● Jordan & Imogen	12B ● & 12G ● Jordan & Imogen	12B ● & 12G ● Jordan & Imogen	
1:45 - 2:30	12R ● & 12Y ● Tina & Bianca	12R ● & 12Y ● Tina & Bianca	12R ● & 12Y ● Tina & Bianca	12R ● & 12Y ● Tina & Bianca	

When?

Preps

	Monday 21 Oct	Tuesday 22 Oct	Wednesday 23 Oct	Thursday 24 Oct	Friday 25 Oct
12:15 - 1:00	PO ● Donna	PO ● Donna	PO ● Donna	PO ● Donna	PO ● Donna
1:00 - 1:45	PW ○ Natasha	PW ○ Natasha	PW ○ Natasha	PW ○ Natasha	PW ○ Natasha
1:45 - 2:30	PB ● Rachael	PB ● Rachael	PB ● Rachael	PB ● Rachael	PB ● Rachael

	Monday 28 Oct	Tuesday 29 Oct	Wednesday 30 Oct	Thursday 31 Oct	Friday 1 Nov
12:15 - 1:00	PO ● Donna	PO ● Donna	PO ● Donna	PO ● Donna	PO ● Donna
1:00 - 1:45	PW ○ Natasha	PW ○ Natasha	PW ○ Natasha	PW ○ Natasha	PW ○ Natasha
1:45 - 2:30	PB ● Rachael	PB ● Rachael	PB ● Rachael	PB ● Rachael	PB ● Rachael

Who?

All Kingswim staff hold the following mandatory qualifications and meet the requirements outlined in the Education and training Swimming and water-based activity guidelines;

Kingswim Instructors

- Swim Australia Teacher qualification –SISSS00132 or equivalent – Swimming and Water Safety
- CPR certificate – HLTAID009 – provide cardiopulmonary resuscitation
- Working with Children Check – Employee Status
- Australian Childhood Foundation – Be Safe, Feel Safe certificate
- National Police Check
- Basic Aquatic Rescue and Spinal Management (stabilizing and immobilising)

Kingswim Supervisors (as above plus)

- First Aid Certificate – HLTAID011 Provide First Aid & HLTAID010 Provide basic emergency life support
- Evacuation and Emergency Response Training
- Kingswim Supervisor training course which includes:
 - Pool Supervision, scanning and surveillance
 - Management and incident management
 - Aquatic rescue and spinal management
 - Water chemistry–Water quality management



Who?

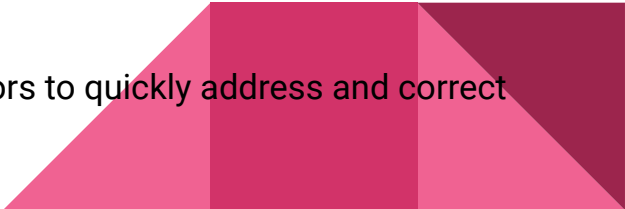
At Kingswim, we prioritise safety and skill development for a positive and effective swimming education. An essential aspect of our teaching approach involves hands-on corrections, which may include physical contact with a swimmer for adjustments to head position, kick, and arm technique.

Why Hands-On Corrections Matter:

Immediate Feedback: Hands-on corrections provide immediate feedback, allowing our instructors to guide your child in real-time. This is especially crucial for refining specific elements such as head position, kick, and arm technique.

Enhanced Learning: Physical guidance reinforces correct movement patterns, making it easier for your child to grasp and remember proper swimming techniques. This approach accelerates learning and helps build muscle memory for improved performance.

Safety First: Safety is our top priority. Hands-on corrections enable our instructors to quickly address and correct any unsafe practices, ensuring a secure and risk-free learning environment.



Who?

How We Approach Hands-On Corrections:

Professionalism: Our instructors are trained professionals who prioritise respect and privacy. Hands-on corrections are conducted with professionalism and consideration for your child's comfort. Therefore physical contact is limited to the purpose of correction, support specific to the requirements of the drill or activity and of course safety.

Our Commitment to Your Child's Success:

We are committed to ensuring your child's success in their swimming education. If you have any questions or concerns about our teaching methods, particularly regarding hands-on corrections techniques, please feel free to reach out. We would be happy to discuss this further with you.



Video

Please watch the [short video](#) on hands on correction with your child so they know what to expect during their lessons, to access the video, simply scan the QR code below.



Other information

Pool Policy: At no time will ANY parent be allowed to enter the change rooms.

Please note that no photos or videos are allowed at the pool, including with or of your own children.



What we need:

In order to make the first class as productive as possible, parents must fill out a form. This form allows Kingswim to group all swimmers appropriate to their swimming ability. During the children's first lesson all swimmers will be assessed, to ensure they are in the most appropriate group for their level of swimming development.

Three weeks leading up to swimming, you will receive this form.

Please return the accurately filled in form to your child's classroom teacher two weeks prior to swimming lessons beginning.

School Swimming Program at Kingswim

Child's name: _____ Age: _____ Class: _____

☐ Yes, I have watched the video on 'hands on correction' with my child.

☐ My child is currently, or has had lessons at Kingswim. He/she is currently a K____ level swimmer.

Please complete below only if your child is not a current Kingswim swimmer.

My child has had swimming lessons before: Yes / No

Please tick...

- ☐ K1 – Complete beginner.
- ☐ K2 – Can put face comfortably in the water, able to kick with a kickboard for several kicks.
- ☐ K3 – Can kick with a board for 3 metres with face in the water and
Can kick for 3 metres on their back with an aid.
- ☐ K4 – Can kick without a board in a rocket position for 6 metres and
Can kick on their back for 6 metres with no aid and
Can do Freestyle arms for 4 cycles.
- ☐ K5 – Can do Freestyle with a kickboard for 6 metres with side breathing and
Can do Backstroke independently for 6 metres.
- ☐ K6 – Can do Freestyle with correct breathing and Backstroke for 8 metres.
- ☐ K7 – Can do Freestyle and Backstroke for 16 metres continuously with good technique.
- ☐ K8 – Advanced Freestyle and Backstroke while having a basic grasp of Breaststroke.
- ☐ K9 – Advanced Freestyle and Backstroke and has Breaststroke technique.

Does your child have a medical condition?

Is there any other information we should know about your child?

(i.e. fearful of water, has had a bad experience ect)



What we need:

We will require some parent assistance with walking to and from the pool.

Parents who are able to assist will need a WWC.

If this is you, please contact your child's learning centre leader.



What students will need:

Students must wear their bathers underneath their school uniform each day of their swimming program.

Bring:

- Swimming bag (smaller bag)
- Goggles (if worn)
- Towel
- Underwear
- Roll on deodorant for older students

All items need to have the student's name on them.



Cost

Lessons cost \$18.40 per child, per lesson, however, the school will subsidise this through some grant money. More details to follow.

