



SHORE

LEARN TO SWIM AND SQUADS
PROGRAMMES 2023/2024

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Welcome

Welcome to Shore Swimming School. We offer programmes for children aged seven and up in our 50 metre pool located within the state-of-the-art R A I Grant Centre, which opened in 2020 at our North Sydney Campus.

Our programme focuses on teaching the fundamentals of great technique that shape all great swimmers, whilst also promoting a lifelong enjoyment of swimming. Strong swimming will allow for enjoyment of the sport both recreationally or competitively. We recognise that swimming is a life-long skill that can be applied to many sports. Shore Swimming School delivers an outstanding facility with dedicated tuition, providing a skills-based programme designed to strengthen and improve swimming in age-appropriate classes and squads. We aim to support everyone to achieve their swimming goals, regardless of what their focus may be.

At Shore Swimming, we promote:

- a love of swimming as a life-long pursuit.
- We promote the enjoyment of swimming and its value for all aquatic activities.
- We promote and advance the value of water safety and its relationship to becoming a strong swimmer.
- We promote participation and the importance of a consistent approach to swimming lessons and training.
- We promote swimming club activities to practice racing in a social environment where we build friendships for life.
- We promote and support goal setting.

Advanced Learn to Swim Programme

Shore Swimming's Learn to Swim programme has been developed to focus on the advanced skills of all four strokes. Students are expected to be competent in Freestyle and side-breathing, as well as kicking on their back without assistance. Our levels start by swimming distances of up to 12.5 metres continuing all the way to swimming up to 75 meters or longer at a time.

Lessons are approximately 30 minutes and are taught by nationally qualified instructors in swimming and water safety. All staff are also nationally qualified in CPR and First Aid. Many of our instructors are also qualified lifeguards and coaches. Our pool also operates with nationally qualified lifeguards.

Programme Outline

We welcome all swimmer aged seven and older, who have had some lessons in a learn to swim environment. Children just starting in our first level will focus on freestyle and side-breathing corrections, backstroke, and dolphin kick. Students then begin to learn build into breaststroke, butterfly, streamlines and dives. Water safety skills are learnt, reinforced and extended throughout the LTS programme. Students commence learning how to perform a kneeling dive and progress to racing dives by the final LTS level.

Our LTS programme is designed to lead into the Squads Programme.

Programme Principles

The following principles act as the fundamentals of our curriculum:

1. Kicking
2. Breath Control
3. Body Position

4. Consistency
5. Respect

Levels Outline

Level One lessons are designed to correct freestyle and side breathing technique to be continuous, smooth movements. Students will learn bi-lateral breathing, backstroke, and dolphin kick. Level One will also learn kneeling dives.

Level Two will work on refining backstroke and freestyle technique with a further focus on arm movement and body positioning. Students will begin to learn breaststroke as well as continue to work on strong dolphin kicks. Level Two will also learn standing dives.

Level Three will have strong freestyle and backstroke technique and endurance. They will refine their breaststroke technique and timing. Students will learn butterfly. Level Three will begin to work on their endurance as well as sprinting and racing techniques. Level Three will begin to learn tumble turning and racing dives/starts.

Squad Programme

Our squad programme at Shore Swimming seeks to build on our swimmer's speed and endurance whilst keeping a strong technical foundation in all four strokes. Swimmers who train in our squad programme will have proved to have a sound technical foundation in all four strokes. The squad programme will then aim to build consistency in technique over several intervals. Shore's squad programme also has a strong focus on swimming skills, including kick, starts, turns and underwater work. Shore Swimming recognizes that not all swimmers wish to participate in the competitive pathway and thus offer both a recreational/fitness pathway and a competitive pathway.

To perform well in Shore's squad programme, swimmers are expected to be able to use a pace clock, read the whiteboard and follow the directions of the coaching staff. These skills will be learnt in Mini Squads and will continue to be used throughout all levels of the Squads Programme. Consistency of training, as well as concentration and effort during lessons are expected of swimmers, to ensure that they develop their swimming whilst they are in our squad programme.

Programme Outline

Our squad programme consists of five levels designed to lead into a recreational pathway or a competitive pathway. Students may choose to jump between the two pathways dependent on their other commitments and their own goals.

Mini Squad is the first level which seeks to introduce swimmers to squad training whilst continuing to focus on technical development and building an all-round swimmer who is technically strong in all four strokes. Bronze Squad (60 minutes) focuses on the building of skills, technique and endurance, preparing swimmers for competitive swimming. Fit and Fast (60 minutes) is our recreational level which focuses on fitness as opposed to competitive training. Fit and Fast is the alternative to our below competitive squads. Silver Squad (90 minutes) begins to prepare swimmers for specific competitions with the intention of laying a strong training foundation for the future whilst maximising performance. Finally, Gold Squad (90 minutes), is designed for competitive swimmers who aspire to compete at State or National level. The Squad will prepare swimmers for targeted external competitions and encourage swimmers on a pathway towards swimming excellence, whilst exploring each individual's potential.

Programme Principles

The following principles act as the fundamentals of our curriculum:

1. Technique, Endurance, and Strength
2. Good Skills (pace clock, whiteboard, turns, dive, etc.)
3. Discipline
4. Respect (for teammates, competitors and coaches)
5. Consistency
6. Lane Etiquette
7. Determination
8. Goal Setting

Levels Outline

Mini Squad is 45 minutes in duration and continues to focus on the teaching of skills and drills to refine and develop technique. The goal is for technique to be maintained. All four strokes and associated diving and turning skills are developed at a basic level to ensure an all-round swimmer. Learning to swim fast with controlled technique is reinforced. Mini Squads will also begin to learn to use the pace clocks, pace times and read pre-written sets.

Fit and Fast is designed with teenagers in mind who have experience in swim squads and enjoy swimming for fitness, the challenge it presents, as well as the opportunity for healthy pursuits. Swimmers who train at this level do not need to be competitive swimmers, but appreciate what swimming brings to their daily lives. Fit and Fast targets both endurance training (fit) and speed training (fast) which is always popular in squad swimming. This squad is ideal for those swimmers who require strong swimming skills as a prerequisite for involvement in their sport.

Bronze Squad is 60 minutes in duration and continues to focus on the teaching of skills and drills to refine and develop technique. Swimmers in Bronze Squad are encouraged to swim a minimum of two to five sessions per week with an increasing focus given towards the skills needed for competitive swimming. At this level of swimming, endurance, speed and ongoing skill development become an important part of the swimming language.

Silver Squad identifies talented junior swimmers who aspire to competitive swimming. The Silver Squad programme prepares swimmers for specific competitions with the intention of laying a strong training foundation for the future whilst maximising performance. Sessions aim to nurture optimal technique, educate the athletes about all aspects of swimming and foster healthy interactions with all squad members. Silver squads are encouraged to swim three to five sessions a week.

Gold Squad is designed for competitive swimmers who aspire to compete at a State and National level. The Gold Squad also caters for the School's GPS swimming team who maintain consistent year-round training fitness and contributes to the performance environment of the squad. The Gold Squad programme will prepare swimmers for targeted external competitions and encourage swimmers on a pathway towards swimming excellence, whilst learning to set and achieve goals. Swimmers will undertake a dry land programme prepared by two to three times per week to improve strength, flexibility and rigidity, with the goal to educate swimmers about the requirements of the sport and how to prepare the body for peak performance. Gold Squad Members are encouraged to swim four or more sessions a week.

Additional Programmes

Private Lessons: 1-on-1 lessons are available at Shore Swimming by request. Please note that these lessons fill quickly and you may need to be waitlisted.

School Holiday Intensives: Each holiday period, we offer a programme designed to have children attending every day for 4-5 days. These programmes are excellent opportunities for swimmers who need further practice to master a skill or for those returning to swimming after an extended break.

TBA – Adult Lessons and Masters’ Squads: These programmes are in the works and will be introduced as Shore Swimming and our programmes evolve. Further information will be announced soon.

Administration Policies

Child Protection

Shore Swimming’s child protection framework is guided by the School’s Child Protection and Mandatory Reporting Policy. The school encourages consultation between all members of the school community in matters which affect them. The school has in place a Staff Code of Conduct, Community Code of Conduct, and a Student Code of Behaviour which may be supplemented from time to time by specific rules and directives. These Codes include such matters as:

- The rights and responsibilities of students and staff within the school community, including the rights and responsibilities of students and staff as members of the boarding community
- Behaviour management
- The role of any School leadership system (or equivalent) in the school, and the monitoring of that system
- The management and reporting of serious incidents.

All Staff hold current NSW Working with Children Checks (WWCC). Accredited swimming instructors and coaches are also bound by a Code of Conduct through the Australian Swimming Teachers and Coaches Association, which covers professional conduct, acceptable behaviour and knowledge. This includes compliance with the Australia Safe Sport Framework (SSF), which consists of a Safeguarding Children and Young People and Member Protection policy. These two documents outline our shared responsibilities for protecting children and members’ welfare. Further information of the SSF can be found [here](#).

Child Safety Principles

The following child safety principles are modelled on the *Child Safe Organisations: National Principles (An initiative of the council of Australian Government)*:

1. Child safety is embedded in Shore Swimming leadership, governance, and culture

Shore is committed to child safety. All staff and volunteers have Working with Children Checks and comply with codes of conduct that set out behavioural standards. Child safety is discussed at staff meetings, staff inductions, and parent information events.

2. Children participate in decisions affecting them and are taken seriously

Children and young people often provide feedback in a way that is friendly to them e.g. a suggestion box or social media survey. Shore School leaders talk to children and young people about safety and let them know how we keep them safe.

3. Families and communities are informed and involved

Shore staff communicate with families about our child safety approach, often and in a variety of ways. Families are provided with the opportunity to give feedback on our policies and practices.

4. Equity is promoted, and diversity is respected

Shore ensures that all children and young people have access to information, support and complaints processes. These are tailored to give particular attention to the needs of children with disability and from diverse cultural and linguistic backgrounds.

5. People working with children are suitable and supported

All staff have Working with Children Checks as required by NSW law. All staff have the appropriate qualifications and accreditations and receive induction by Shore. Child safety is a focus point through recruitment, onboarding, and ongoing supervision.

6. Processes to respond to complaints of child sexual abuse are child-focussed

Shore maintains a child-focussed complaint handling policy, which is understood by children, families, and staff. All community members are encouraged to come forward and report misconduct by children or adults. Complaints are responded to promptly and thoroughly, and reporting, privacy and employment law obligations are met.

7. Staff and volunteers are continually trained and educated

Staff and volunteers receive training on child protection and Shore's child safe practices.

8. Physical and online environments minimise opportunities for abuse to occur

Risks in the online and physical environment are identified and mitigated.

9. Child safe standards are continually improved and reviewed

Shore regularly reviews and improves child safe practices. Complaints and concerns form a part of the basis for review and continuous improvement.

10. Policies and procedures document how our Swim School and Club is child safe

Shore's policies and procedures address the child safe organisation elements; they are easy to understand and accessible; they are championed by the school's leaders; and they are widely understood and implemented by staff and volunteers.

Bookings

- We operate on a perpetual booking basis rather than a term model.
- Fees are direct-debit monthly and are debited on the first of each month.
- Changes to bookings can be made free of charge via our customer portal. Please note this is subject to availability.
- Lessons do not operate on Public Holidays. No charges will be incurred for these dates.
- 3.15pm and 3.45pm classes are reserved for Shore Students, Staff and Siblings.

- Our timetable is subject to change from Term-to-Term.
- Shore reserves the right to cancel classes for school events, in which case any cancelled classes will have their accounts credited.
- We reserve the right to close classes with low enrolment, in which case staff will endeavour to find suitable alternatives.
- The instructor assigned to the class at the time of booking cannot be guaranteed.
- At times, instructor changes are unavoidable, although we strive for consistency in all areas of our program.

Missed Lessons

- Please do not attend lessons if you are sick or unwell.
- If you have experienced vomiting, diarrhoea, or conjunctivitis in the previous seven days, you should not enter the pool.
- We allow a maximum of four makeup lessons per Term, for lessons missed. To be eligible for make-up vouchers, a swimmer must hold a regular booking and we must receive notice of absence by 9:00am on the day of the booking.
- Make-up lessons:
 - Are not transferrable and are only valid for two months following the date of issue.
 - Are dependent on availability and can be booked a maximum of one week in advance.
 - Will not be issued if there are outstanding fees.
 - Once a make-up lesson is booked, you cannot cancel the lesson and receive another voucher
- Missed private lessons are forfeited unless notification is received two hours in advance to allow for either an alternative lesson to be arranged or a credit applied.
- Missed lessons in holiday programmes are forfeited.

Cancellations, Credits and Refunds

- Please note there is a seven-day cooling off period with any enrolment cancellation, and within this period customers are eligible for a full refund.
- Credits may be considered if a swimmer sustains an injury or illness preventing lesson attendance for three consecutive weekly lessons.
- Refunds will only be considered when a swimmer sustains serious injury or illness, requiring withdrawal from the programme.

Pool Rules

- Appropriate swimwear must be worn by all students. Boardshorts and rashies are not recommended.
- It is highly recommended that all students wear a swimming cap.
- Goggles are strongly recommended for all students
- No swimmer is to enter the water unless instructed to do so by a member of staff.
- Diving is only permitted under the specific instruction of qualified staff members.
- Children aged six years or older are not permitted in the opposite gender change room.
- Parents are not to enter the changerooms in accordance with Shore School Policy.

- Deck showers are available to allow students to rinse before getting changed. Showers should be short, in consideration of other users and remaining mindful of excess water use.
- Food or drinks, other than water, should not be consumed on pool deck by any patron.
- A responsible parent or guardian is required to personally meet their child on pool deck at the conclusion of their lesson.
- Photography and Recording devices cannot be used within the centre.

General Risk Policy

Shore expects students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended, and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property, and grounds.

While Shore takes measures to make the sporting activities as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events.

Such injury can occur while the student is engaging in or watching a sporting activity or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises, or equipment failure.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion, or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss, as a result of their personal property being lost, stolen, damaged or destroyed.

Fees

Term Programme Fees:

	Shore Student Fee		Shore Staff and Family Member Fee		Community Member Fee	
1 Lesson p/w	\$68 /month	\$17 /lesson	\$76 /month	\$19.00 /lesson	\$88 /month	\$22 /lesson
2 Lessons p/w	\$120 /month	\$15 /lesson	\$136 /month	\$17.00 /lesson	\$160 /month	\$20 /lesson
3 Lessons p/w	\$150 /month	\$12.50 /lesson	\$170 /month	\$14.16 /lesson	\$200 /month	\$16.60 /lesson
4+ Lessons p/w	\$176 /month	\$11.00 /lesson	\$195 /month	\$12.20 /lesson	\$220 /month	\$13.75 /lesson
Private Lessons	\$60 /lesson			\$240 /month		

Holiday Intensive Fees:

	Shore Student Fee	Shore Staff and Family Member Fee	Community Member Fee
2-Day Intensive		\$40.00	
4-Day Intensive		\$80.00	
Squads 2 Sessions		\$32.00 /week	
Squads 3 Sessions		\$36.00 /week	
Squads 4 Sessions		\$44.00 /week	
Squads 5+ Sessions		\$50.00 /week	
Private Lessons		\$60 /lesson	

Note:

- All lessons are 30 minutes in duration unless otherwise specified.
- Lessons do not run on Public Holidays. Fees are appropriately adjusted.
- All fees are inclusive of applicable surcharges for credit card use or direct debit fees.
- All Learn to Swim programmes are GST free.
- Additional fees of up to \$15 may be charged in processing fees and for declined or dishonoured payments.

Frequently Asked Questions

Where is the pool located and where can we park?

The entrance to the aquatic centre is via Gate 15 located on Hunter Crescent (see the Maps section of this document), which is on the cul-de-sac of Hunter Crescent. Entering through the Blue Street, William Street or other entrances to the school is not permitted. There is paid street parking close by on Williams Street, Union Street, and Blue Street. The nearest parking station is located at 60 Miller Street or Greenwood Plaza. Parking on the Shore School site is prohibited before 4:30pm.

Do you have an age limit in your classes?

Yes. Our minimum age for all levels is 7 years old. We state this as our facility is not a 50 metre competition pool which has a lower temperature and greater depth than the average programme pool.

Do you have a minimum skill standard for your classes?

Yes. Each Level will have a minimum set of skills that students must meet in order to be placed in the level. To be enrolled in Shore Swimming School, a student needs to be able to:

- Be comfortable in 27-Degree Celsius water.
- Be comfortable in depths of up to 2 meters.
- Be aged 7 or older.
- Swim freestyle with basic side-breathing and basic backstroke.
- Be able to swim at least 10m without stopping.

What should we bring to lessons?

All swimmers must wear appropriate swimwear for every class. We recommend all swimmers bring a dry towel, and clothes to change into following their class. Wearing a swim cap and goggles are strongly recommended. Please ensure your child's cap and goggles are correctly fitted before they present for their class. It is also a good idea to remind children to use the bathroom prior to their lesson.

How far will my child swim in their lesson?

Our instructors strive to maximise the time children are active in every class, however, we do not sacrifice technique for the sake of distance. This can reinforce poor technique and is why we prefer to use an appropriate distance relative to technical ability. The distance of each 'lap' is set to provide the optimum learning conditions according to the specific level.

When will my child be assessed?

Our Deck Supervisors, Swim School Coordinator and Head Coach are responsible for monitoring the progress of our swimmers. They are our most experienced instructors and track progression on a regular basis to ensure your child is continuing to learn. They will inform you when your child is ready to advance to the next level. If you have any questions or concerns regarding your child's lessons, please do not hesitate to ask the Deck Supervisor on duty or email us at ShoreSwimming@shore.nsw.edu.au

Should we continue swimming lessons all year round?

Experience shows that those children who swim all year round tend to progress better than those who see swimming as a seasonal activity. Continuing with lessons helps to reinforce existing skills and to learn new ones. This is of particular importance for young children, who are attempting to master difficult skills while their body is growing. Swimming helps to develop coordination, confidence, and general swimming skills. We keep our water and facility at a comfortable temperature to ensure swimming lessons are a fun and beneficial activity all year round.

Related Documents

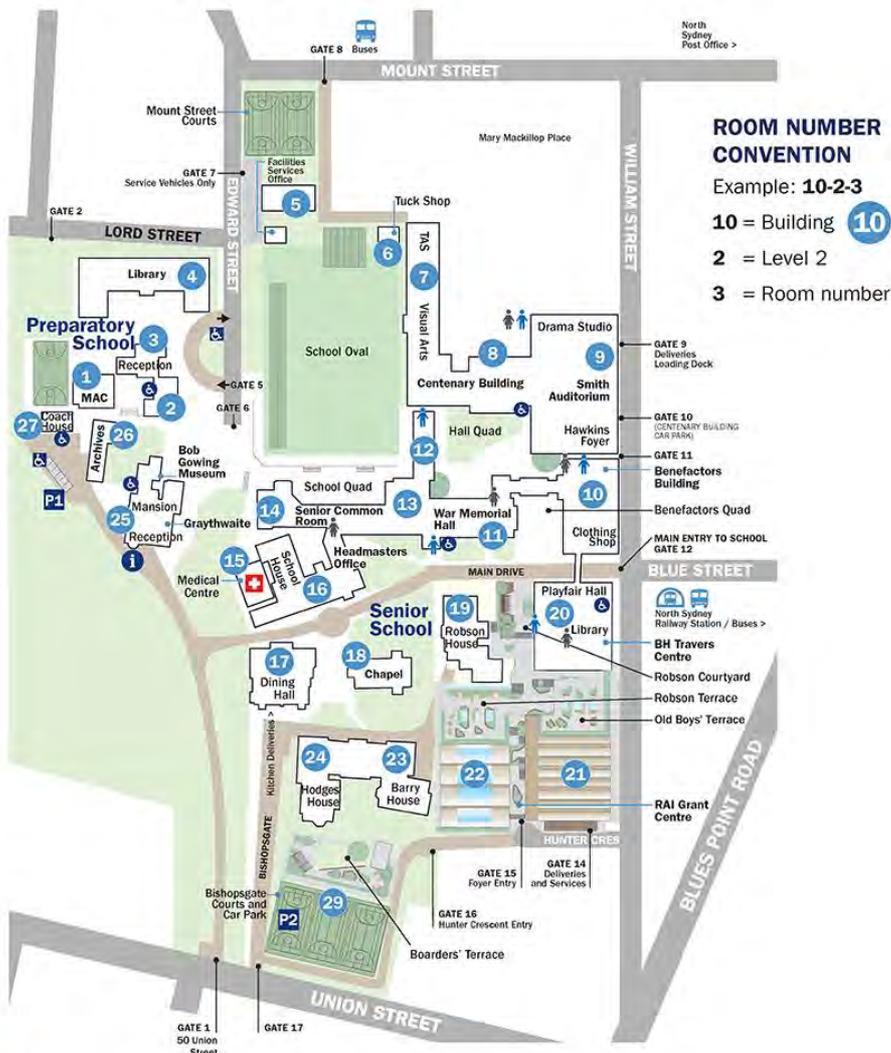
Please also refer to the following documentation: *Staff Code of Conduct, Work Health and Safety Policy, Shore Fire Policy, First Aid in the Workplace, Shore OHS Manual, Social Media Policy, Discrimination Harassment Bullying Statement, Child Protection Policy, Anti Bullying Policy, Student Code of Conduct, Community Code of Conduct, Bishopsgate Carpark policy, Drug and Alcohol Policy, Privacy Policy, Safe Sport Framework Parts 1 to 4.* Please refer to the Royal Life Saving Society website for the Guidelines for Safe Pool Operations (GSPO). Please also refer to the Swim Australia and Swimming NSW websites for more information on their policies and procedures.

Venue and Street Maps

Street Map

Entrance to the pool is via Hunter Crescent (Building Number 22, Gate 15). Bishopsgate Carpark is also accessible from 4:30pm (Near Number 29 on the map).

North Sydney Campus



ROOM NUMBER CONVENTION
 Example: **10-2-3**
10 = Building **10**
2 = Level 2
3 = Room number

- | | |
|---|---|
| 7 Visual Arts / TAS | 14 Languages |
| 8 History / Economics / Business Studies / Commerce | 20 Computer Labs / Library / Playfair Hall |
| 9 Music / Drama | 21 Christian Studies / Basketball / Gym |
| 10 Science / Geography / Maths / English / Counselling | 22 PDHPE / Swimming Pool |
| 12 Educational Services | + First Aid Medical Centre |
| 13 Maths | Toilets: Ladies' Mens' Accessible |

Venue Map

