

**SHORE
COMMUNITY**
SPORT
Swimming

**SHORE SWIMMING SCHOOL
HANDBOOK 2026**

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Welcome

Welcome to Shore Swimming School!

At Shore Swimming School, we offer top-tier coaching in an exceptional facility—providing structured, age-appropriate programmes that help swimmers of all levels achieve their goals and improve their skills.

Our programme focuses on developing strong technique, ensuring every swimmer builds the fundamental skills that shape great swimming. Whether swimming for recreation or competition, we foster a lifelong love for the sport and recognise its value across many athletic disciplines.

Shore Swimming School offers expert swimming instruction for children and teenagers.

- **Group Lessons:** Children aged 7 and older.
- **Competitive Squads:** Swimmers keen to compete at School and club competitions.
- **Private Lessons:** Individualised support for ages 4–18.

All lessons and training sessions take place at our North Sydney Campus in the state-of-the-art R A I Grant Centre sports facility at Hunter Crescent., North Sydney, featuring an 8-lane 50-metre pool.

At Shore Swimming, we promote:

- **A lifelong love of swimming** as a life skill and a gateway to confidence and resilience;
- **Water safety** and its connection to strong swimming skills and enjoyment of water;
- **Consistent participation** in lessons and training for steady improvement;
- **Swimming club activities** that encourage racing practice and team participation; and
- **Goal setting** to inspire progress and achievement.



Learn to Swim Programme

Shore Swimming's Learn to Swim programme builds advanced skills across all four strokes.

- Students entering our first level should have a basic freestyle understanding with or without side-breathing and be able to backstroke kick without assistance.
- Levels progress from freestyle and backstroke, onto breaststroke, then butterfly, alongside turning and diving skills, leading up to mini squads learning basics of squad swimming.
- Lessons start with a 10-m distance in Level 1 to 25-m laps in Level 3 and above.
- Group learn to swim lessons are 30 mins, with mini squads running at 45 mins to 1 hr.
- All staff hold nationally recognised swim teaching qualifications, CPR and First Aid certifications.
- Many instructors are certified lifeguards and coaches.
- The pool is overseen by nationally qualified lifeguards.

Programme Outline

We welcome swimmers aged 7 and older who have had some prior experience in a learn-to-swim environment. In our introductory level, children refine their freestyle technique and side-breathing while being introduced to backstroke. As they progress, they develop skills in breaststroke, butterfly, streamlining, and diving. Water safety remains a core focus throughout the programme.

Students begin with kneeling dives and gradually advance to racing dives by the final level. Our Learn-to-Swim Programme is designed as a stepping stone to the Competitive Squads Programme, helping swimmers build the confidence and technique needed to take their skills to the next level.

Programme Principles

The following principles act as the fundamentals of our curriculum:

- **Streamlined body positioning** – Encourages an efficient and hydrodynamic posture in the water.
- **Effective propulsion** – Strong kicking contributes to efficient movement through the water.
- **Controlled breathing** – Mastering both exhalation and inhalation to reduce drag, maintain body position and effective propulsion under fatigue.
- **Technique-driven progress** – Good technique leads to continuous and long-term improvement.
- **Respect and teamwork** – Empower swimmers to grow, succeed, and celebrate each other's achievements.



Levels and Learning Outcomes

Level	Learning Outcomes
Level 1 <ul style="list-style-type: none"> Maximum 4 Students 30 Minutes 	<ul style="list-style-type: none"> Good streamline body position on front and back Strong Freestyle kick Freestyle with bilateral breathing Backstroke with continuous arm rotation
Level 2 <ul style="list-style-type: none"> Maximum 6 Students 30 Minutes 	<ul style="list-style-type: none"> Smooth straight uninterrupted freestyle arms Freestyle with bilateral breathing Straight Backstroke arms, with shoulder rotation Strong Backstroke Kick, with correct body position Breaststroke Kick Introduction to Butterfly Kick Kneeling streamline dive
Level 3 <ul style="list-style-type: none"> Maximum 8 Students 30 Minutes 	<ul style="list-style-type: none"> Freestyle with high elbow recovery Freestyle with effective catch, pull and push Backstroke with correct catch, pull and push Correct hip driven Butterfly kick Breaststroke pull, kick and glide Freestyle tumble turns and underwater kick
Level 4 <ul style="list-style-type: none"> Maximum 8 Students 30 Minutes 	<ul style="list-style-type: none"> Correct Freestyle recovery, catch, pull and push Correct backstroke recovery, catch, pull and push Correct Butterfly pull and straight arm recovery Correct Butterfly timing Correct Breaststroke timing and body position Freestyle and Backstroke tumble turns Standing dive into streamline
Mini Squad <ul style="list-style-type: none"> Maximum 16 Students 60 Minutes 	<ul style="list-style-type: none"> Correct pull, push, recovery and timing across all 4 strokes Freestyle and Backstroke tumble turns Butterfly and Breaststroke touch turns Diving off blocks into streamline Pace clock and whiteboard skills



Competitive Squad Programme

Our competitive 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 racing skills including: kicking, starts, turns and underwater work.

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 as part of the learn-to-swim programme 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 competitive squad programme consists of three levels, each designed to lead into each other. Being a member of each of these levels comes with the expectation that the swimmer wishes to be a part of competitions, as opposed to swimming for general fitness. We do offer non-competitive squad swimming as part of our programme, and swimmers do have the ability to switch between the two pathways as necessary.

Our first competitive squad is Bronze Squad (60 minutes) which focuses on the building of skills, technique and endurance, which are essential skills to prepare students for competitive swimming. 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.

Programme Principles

The following principles act as fundamentals of our curriculum:

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

Competitive Squad Outline

Squad	Learning Outcomes
Bronze Squad 60 Minutes <ul style="list-style-type: none">• 6.30am-7.30am• 3.15pm-4.15pm• 4.15pm-5.15pm Recommended training: 2+ Sessions per week	Bronze Squad sessions focus on teaching skills and drills that refine and develop technique. Swimmers in Bronze Squad continue to develop a focus on developing the skills required to become a successful competitive swimmer. At this level of swimming technique development is the core focus of our teaching.
Silver Squad 90 Minutes <ul style="list-style-type: none">• 6:00am-7:30am• 4:00pm-5:30pm Recommended training: 3+ Sessions per week	Our Silver Squad identifies talented junior swimmers who aspire to competitive swimming. Silver squad sessions aim to nurture optimal technique, educate the athletes about all aspects of swimming and foster healthy interactions with all squad members.



Gold Squad

90 Minutes + Dry Land

- 5:45am-7:30am
- 4:00pm-5:30pm

Recommended training: 4+ Sessions per week

Our Gold Squad is designed for competitive swimmers who aspire to compete at a State and National level. The Gold Squad programme will prepare swimmers for external competitions and support swimmers on a pathway towards swimming excellence, whilst learning to set and achieve goals. Swimmers will undertake a dry land programme 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.

Squad Progression

Swimmers will continuously have their attendance, testing results, and training efforts monitored to ensure appropriate progression within the squad programme is achieved. Progression to the next squad will be at the discretion of the Head Coach, to ensure the transition is beneficial for the development of the swimmer.

Additional Programmes

Squad	Learning Outcomes
Private lessons 30 Minutes	We offer a limited number of private lessons. There is currently a 4-6 month waiting list for private lessons.
Fit and Fast 60 Minutes	Fit and Fast is designed for teenagers 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. Fit and Fast targets both endurance training (fit) and speed training (fast), and is therefore ideal for those who require strong swimming skills as a prerequisite for involvement in their sport.
Young Emerging Swimmers (YES) Squad 90 Minutes Tuesday Morning 6:15am-7:45am	Our 'YES' squad is an invite-only squad of active competitive swimmers aged 11 years and younger. It is a talent identification squad, which provides additional tuition and support to a small group of swimmers who have shown excellent aptitude and dedication in their swimming.
School Holiday Intensives Levels 1,2,3 and 4: 40 minutes Mini Squad: 60 minutes <ul style="list-style-type: none">• Bronze Squad: 90 minutes• Silver Squad: 120 minutes• Gold Squad: 150 minutes	Our Holiday Programme operates during every school holiday period. It is an opt-in programme, where students can take as many, or as few lessons as they would like. Each level is offered an extended class, allowing for swimmers to further practice or master a skill before returning back to their normal term time class.



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-focused**
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.
- 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 programme.

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 seven 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.

To review Shore policies, please review on the [Shore website](#) where our policies on *Child Safeguarding*, *Privacy* and other relevant topics are published. If there is a specific policy you would like to review from Shore, please contact our Risk and Compliance Manager on 02 9923 2277.

Fees

Term Programme Fees

	Monthly Cost	Per Session Cost
1 Lesson p/w	\$74.00	\$18.50
2 Lesson p/w	\$126.40	\$15.80
3 Lesson p/w	\$160.80	\$13.40
4 Lesson p/w	\$182.50	\$11.40
5 Lesson p/w	\$184.00	\$9.10

Private Lesson Fees

	Per Month Cost	Per Session Cost
Private Lessons	\$280.00	\$70.00
Semi-Private Lessons	\$200.00	\$50.00

Holiday Programme Fees

	Per Session Cost
Learn-to-Swim Session	\$20.00
Squads 1 Sessions	\$18.50
Squads 2 Sessions	\$17.50
Squads 3+ Sessions	\$16.50



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.



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 and cannot be accessed via Union Street. Entry to the carpark must be made via Union Street (near number 29 on the map).

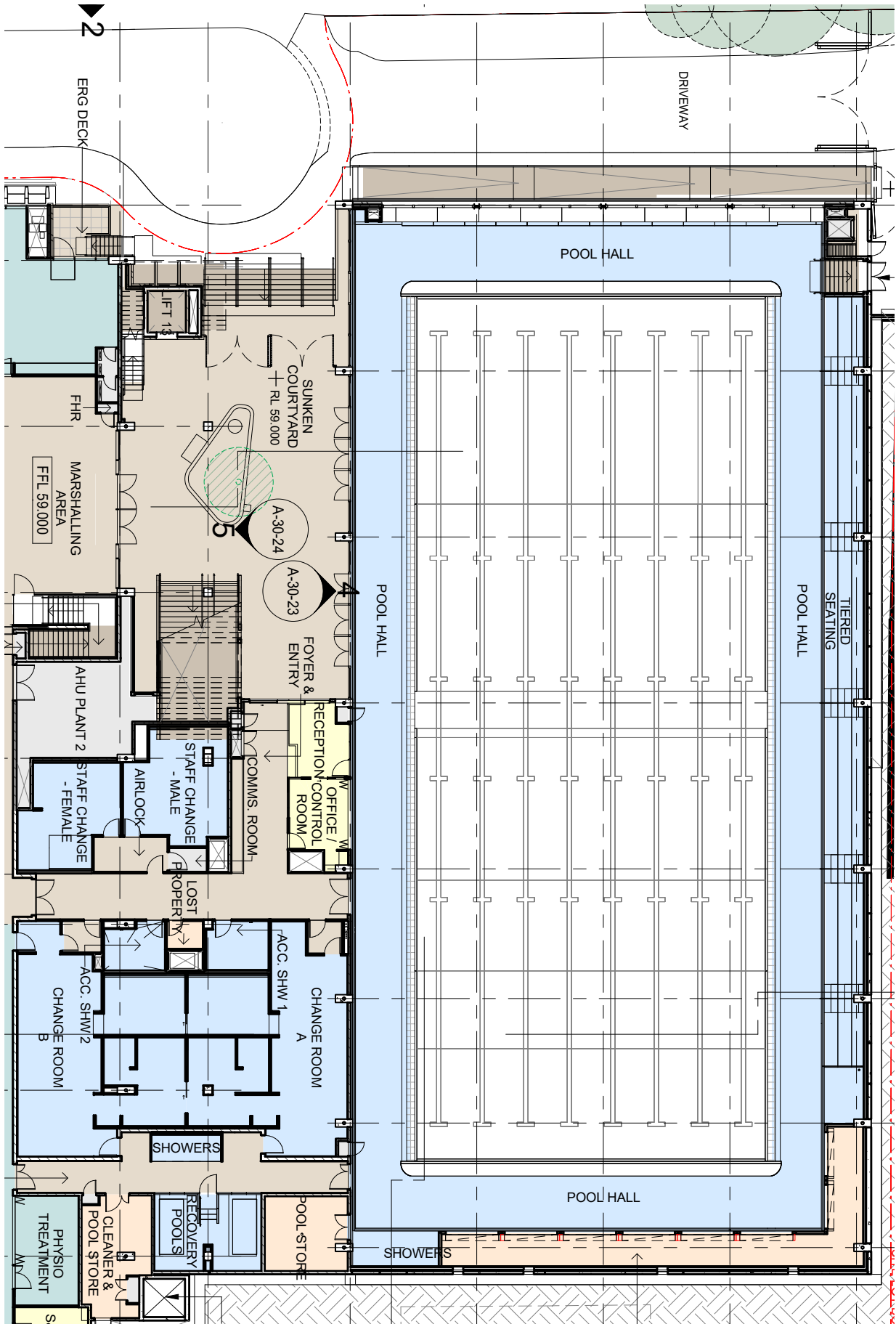
North Sydney Campus



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 Senior Study Area / Library / Playfair Hall
 - 9 Music / Drama
 - 21 Christian Studies / Basketball / Gym
 - 10 Science / Geography / Maths / English / Counselling / Cadets
 - 22 PDHPE / Swimming Pool
 - 12 Educational Services
 - + First Aid Medical Centre
 - 13 Maths
- Toilets: Ladies' Mens' Accessible

Venue Map



SHORE COMMUNITY **SPORT**

Swimming

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