



8 October 2020

Dear Parents,

Gilston Primary students will be participating in our Learn to Swim schools swimming program during Term 4 and will be provided by Andrew Baildon's SUPERFISH Swim Schools, 55 Mudgeeraba Road, Worongary. To familiarize parents with our Learn to Swim program we have provided some important information as detailed below and we look forward to providing an unprecedented aquatic experience for all participating swimmers.

ABOUT OUR SCHOOL'S SWIMMING PROGRAM

The focus of our swimming program is on the quality of learn to swim and stroke correction. All levels of swimmers are catered for, with the key element being water safety for beginner swimmers, and advanced stroke correction and fitness training for advanced swimmers. Our school's program is based on offering students as much knowledge to enhance their swimming skills, incorporating detailed swimming levels.

OUR INSTRUCTORS

Above everything else, we pride ourselves on our teaching instructors. All instructors are fully qualified and hold a current Austswim, Blue Card and CPR certificate. At SUPERFISH Swim Schools we pride ourselves on conducting the best and most comprehensive in-house "Instructor Training" programs throughout Australia.

THE POOL

Our 25 metre pool is designed for teaching basic swimmers, with teaching ledges and shallow depths and has six swimming lanes for stroke development and squads. We are totally indoors and heated, so parents do not have to worry about sun protection or cold, wet or windy days.

OFFICIAL ENDORSEMENTS

SUPERFISH Swim School programs are fully endorsed by Susie O'Neil (World and Olympic Champion) and Denis Cotterell (Australian Coach of the Year & World and Olympic Coach). Both of these swimming greats have had an enormous input into our swimming program and are still involved in our swimming centres.

OUR PHILISOPHY

All levels and abilities are catered for within the program, with each student treated as an individual and encouraged to swim at their own pace. Every student is to be nurtured and encouraged to achieve their best efforts in every session. We will endeavor to teach skills that will stay with each student throughout their entire life.

HOW IT WORKS – THE 1ST DAY

The first day is an assessment day for all students. Once the students are assessed, their regular class will begin. Assessments are based on a student's level of water safety and swimming skills, with guidelines based on Austswim, Swim Australia, Royal Lifesaving and Baildon Aquatic's Programs.

CLASS RATIOS

We keep our schools swimming program classes at 1:10 instructor/student ratio as directed by Gilston Primary.

LESSON TIMES

Swimming class times will be 40 minutes with exact swimming times to be provided by your class teachers before the start of the swimming program.

WHAT TO BRING

Students will need to bring swimwear and a towel. **Swimming Caps** are highly recommended for best swimming results. Goggles are optional for our higher levels and will not be worn during water safety activities.

CHANGING & HOW WE GET THERE

We suggest students bring a 'swimming bag' for their wet gear after their lesson, to keep their school bags dry for the remainder of the day. Students will be changed before and after lessons at school. All students will be fully escorted to and from the school by class teachers.

MISSED LESSONS

We are unable to offer make up classes if your child does not attend a lesson.

STUDENT DETAILS & SPECIAL INFORMATION

Please ensure that a "NOTE" is provided on the first lesson of the swimming program to confirm your child's Medical History that SUPERFISH will need to be aware of or any further information you would like your swimming teacher to know?