



MELBOURNE
SPORTS
CENTRES

School Swimming Program

Program Description

Welcome to the MSC Schools Swimming Program.

The Schools Swimming Program is made up of a choice of either a one week or two-week intensive program.

These classes are 45-minute sessions, designed to undertake each of the students through an intensive introduction into basic Swimming Strokes and Water Safety.

The classes are taught by skilled and experienced Swimming Instructors holding Teacher of Swimming and Water Safety (TSW) qualification.

Key points of this program are listed below:

- Presentation of a program consisting of Water safety and stroke introduction/correction.
- Assessment day and water safety day included for all programs.
- Level 7 aligns with Victoria Water Safety Certificate.
- Levels ranging from 1 to 7.
- Option for a 5-day (1 week) or 10-day (2 week) programs. Lessons are conducted over a 45-minute session.



Program Details

COSTING

Price Per Student, Per Day = starting from \$13*

**dependant on total number of students attending and number of sessions being completed*

A single invoice is issued with total payment price included.

SESSION TIMES

9:45am, 10:30am, 11:15am, 12:00pm, 1:00pm, and 1:45pm

We encourage a mix of year levels in each sessions to allow for greater variety in classes.

CLASS RATIOS

Levels 1 to 4 – AIM 1 INSTRUCTOR TO 8 STUDENTS

Levels 5 to 7 – AIM 1 INSTRUCTOR TO 10 STUDENTS

POOL SPACE ALLOCATION

Pool space allocation varies based on the age, ability, and size of a class.

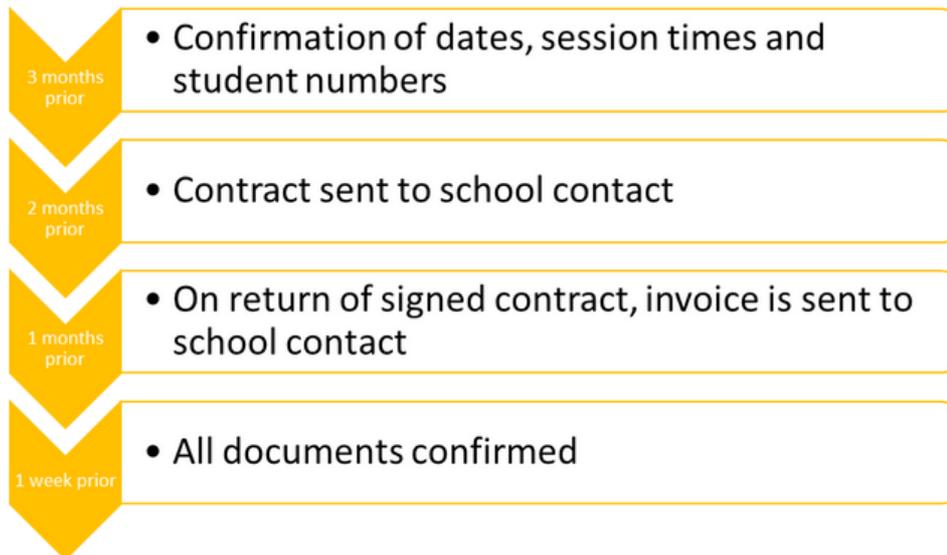
- The multi-purpose pool is used for younger, less experienced swimmers.
- The lap pool is used for children who can swim comfortably and can swim at least 10 - 25 meters.
- The competition pool is used for higher levels and/or older children.



BEFORE PROGRAM

To organise and confirm your Schools Swimming Program, you will be communicated with via email.

The following timeline is used when confirming bookings:



You will be required to provide the following documents before attending your booking:

- Signed contract
- Full student list
- Medical or additional needs for students

Once a contract has been signed, no adjustments will be made to your booking, unless agreed to by School Swimming Team



ON ARRIVAL

Melbourne Sports and Aquatic Centre has 2 entrances; Main reception and Aquatic reception.

If entering through Main reception, please approach our Customer Experience desk and they will direct you through to the Indoor 50m Competition area where the changerooms are on the far side of the pool.

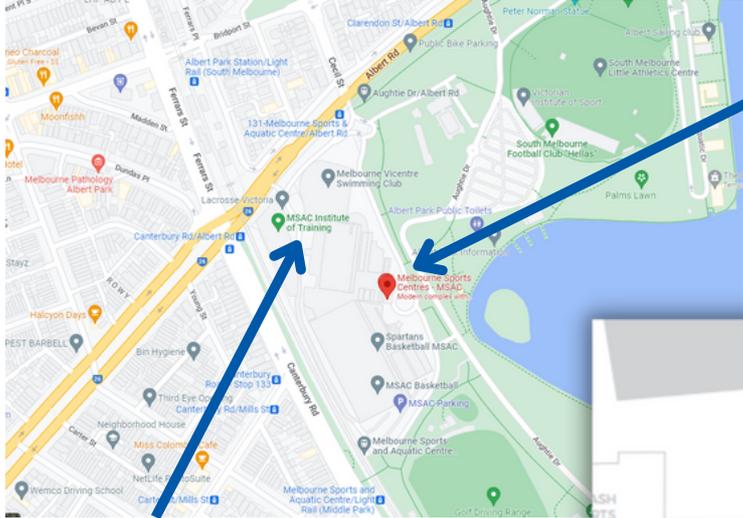
If arriving at the Aquatic entrance, the teachers and students will need to follow the main corridor around to the Leisure pool area and then around the Indoor 50m Competition pool to the changerooms.

Once students are changed, please proceed to the Leisure area where the Swim teaching staff will meet you to begin the program. Students are encouraged to leave their belongings in the changerooms to prevent them being lost. The changerooms are allocated to School program use only.



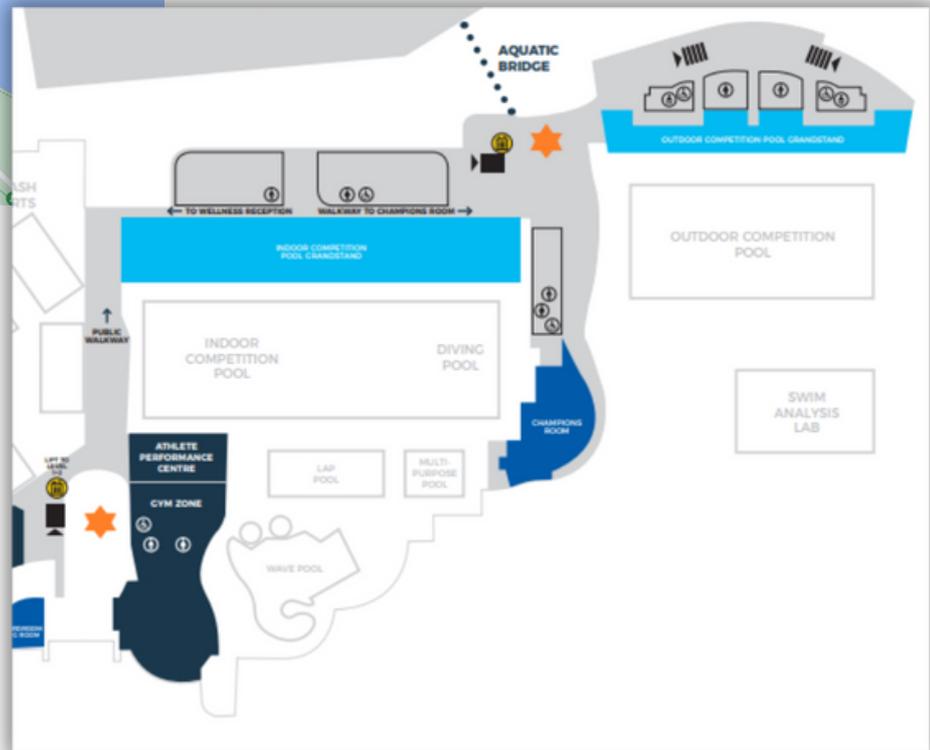
ON ARRIVAL

Maps

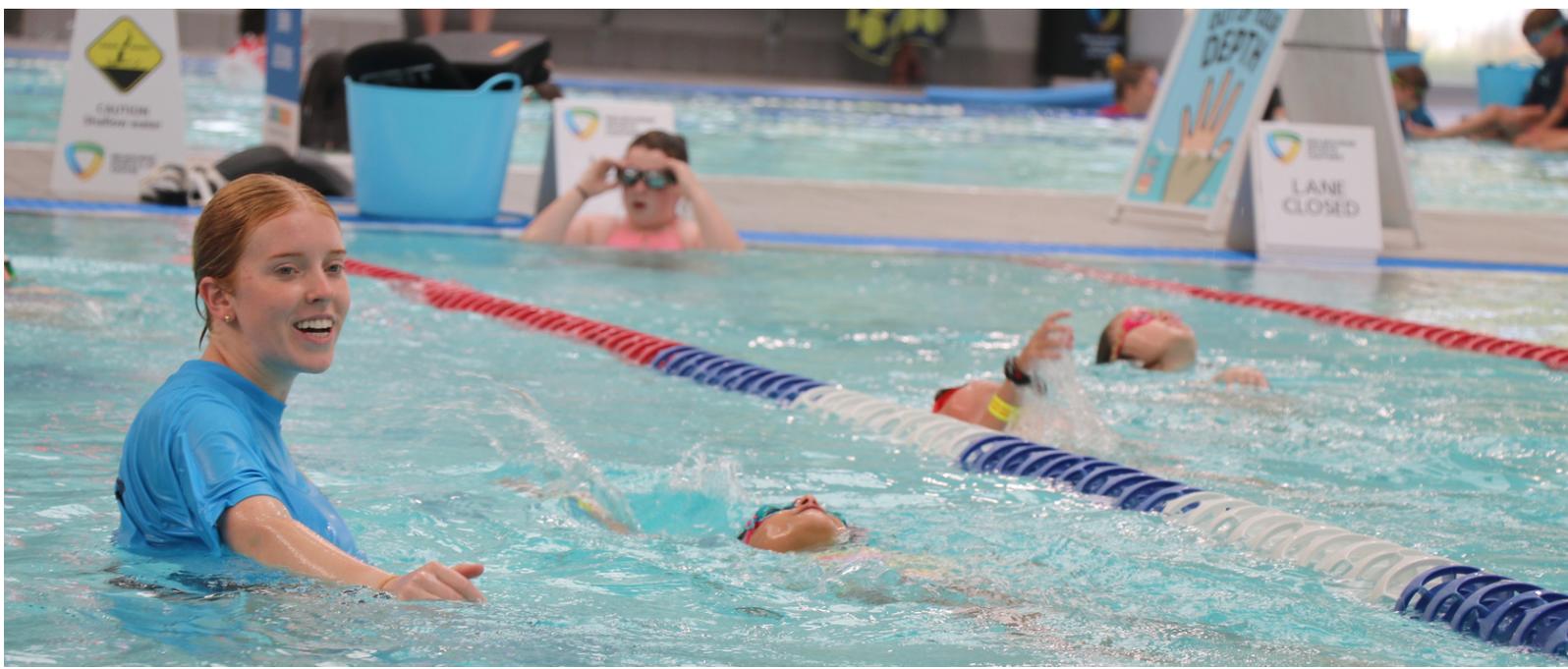


Access via Main Reception

Access via Aquatic Reception



Orange Stars indicate entrances



DURING PROGRAM

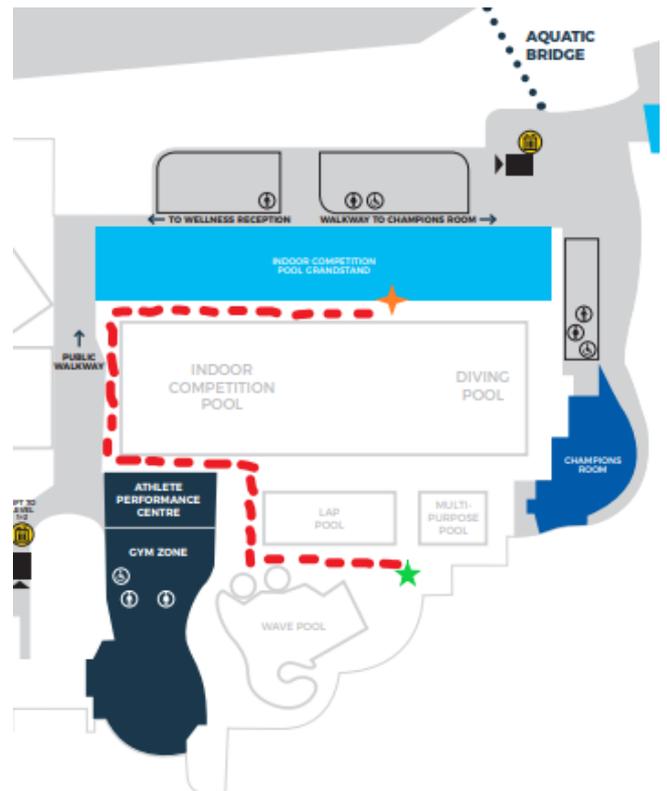
You will receive a draft Master Class list on Day 2 of the program. This will allow the school teachers to assist in reminding the students which class colour they are in.

Students are not to be moved between classes, unless by the MSAC Swim staff. Our max ratios are set by the Guidelines for Safe Pool Operations and are for the safety of students and teachers.

On Water Safety day, all students are required to wear clothes to participate in our water safety day.

We recommend is:

- Light weight cotton t-shirt and shorts
- Preferably old clothes or pyjamas
- No denim or tracksuit material



Pathway from Changerooms to Leisure area



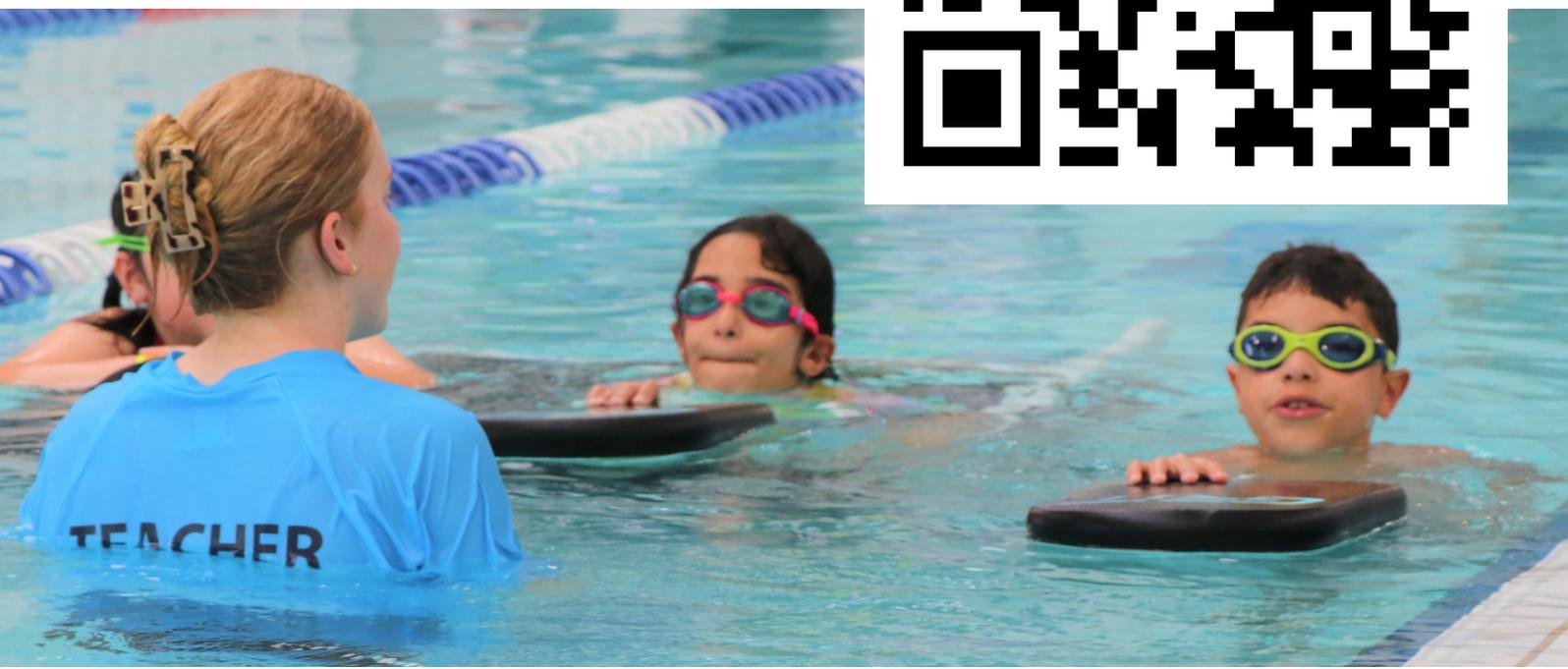
POST PROGRAM

On completion of your School Swimming Program, you will be provided with the completed Wetsheets for all students as well as a Master class spreadsheet. These documents will provide you the information the the class level completed as well as the skills achieved.

From these documents, school teachers can print and complete certificates to the students if they wish to.

Towards the end of your program, a member/s of the school staff/volunteer will be asked to complete a feedback form on your recent program.

[FEEDBACK LINK](#) & QR CODE



Swim and Survive

MSAC School Swimming Program uses the Swim and Survive curriculum.

This streamlined curriculum allows for a seamless transition between levels, consistency in skill progressions and outcomes.

The level structure aims to provide opportunities for faster achievement and progression to encourage retention in swimming and water safety lessons and also a pathway to challenge advanced participants.

The Swim and Survive curriculum is built to connect the National Swimming and Water Safety Framework and the Australian Curriculums for swimming lessons.

Our lessons will be conducted between Levels 1 to Level 7. Each student will be assessed on the level criteria at the conclusion of the program and issued with the certificate appropriate.



Swim
and
SURVIVE

ENROL NOW

INSERT PARTNER LOGO HERE
Read toolkit guidelines



Give your child
THE SKILLS
to enjoy a
lifetime of fun
in the water.

VWSC

The Victorian Water Safety Certificate is a Victorian Government initiative, which describes specific competencies that should be achieved by the time students reach the end of primary school.

The certificate describes specific competencies that focus on water safety knowledge, rescue skills, a survival sequence and the ability to swim a continuous distance of 50 metres. The certificate is designed to supplement existing swimming & water safety programs delivered by schools and learn-to-swim providers.

VWSC certificate required competencies:

- Water Safety Knowledge
 - Answer questions relating to safety rules for a range of aquatic environments.
- Swim
 - Swim continuously for 50 metres.
- Under Water
 - Surface dive, swim underwater and search to recover an object from deep water.
- Lifesaving
 - Respond to an emergency by demonstrating DRSAB and the recovery position.
- Rescue Skills
 - Rescue a person using non-swimming rescue techniques:
 - Reach rescue using a non-rigid aid.
 - Throw rescue using a weighted rope.
 - Throw rescue using a buoyant object and unweighted rope.
- Survival Sequence
 - Perform a survival sequence wearing light clothing:
 - Enter the water safely.
 - Scull, float and tread water for 2 minutes; signaling for help intermittently.
 - Swim survival strokes slowly for 3 minutes.
 - Exit the water safely.

[LINK TO VWSC - Further Information](#)

WATCH AROUND WATER

Participants under the age of 10 must be checked into (to their respective MSC School Swimming Program instructors' class) and collected (from their respective MSC School Swimming Program instructors' class) by a School Teacher/parent volunteer sixteen years and over at the start and conclusion of every lesson.

Children under the age of 10 must be actively supervised by a School Teacher/parent volunteer at all times within the centre and while in the water.

MSAC is a Watch Around the Water accredited facility.

Please help support this policy which can be viewed [HERE](#)



Get in touch:

Website: melbournesportscentres.com.au

Email: schools@melbournesportscentres.com.au

LinkedIn: Melbourne Sports Centres

Facebook: Melbourne Sports Centres

Instagram: [@melbournesportscentres](https://www.instagram.com/melbournesportscentres)

Term dates 2024:

Term 1: Monday 22th January to Friday 29th

Term 2: Monday 15th April to Friday 28th June

Term 3: Monday 15th July to Friday 20th September

Term 4: Monday 7th October to Friday 20th December

Melbourne Sports Centres - MSAC
30 Aughtie Drive, Albert Park VIC 3206

