



MELBOURNE
SPORTS
CENTRES



Swim School

Learn to Swim

Program Description

Welcome to MSAC Swim School!

Our Swim School programs provide a rewarding, inclusive and all-abilities pathway from Learn-to-Swim towards high performance sport. Our friendly and experienced swim teachers are passionate about creating a safe and enjoyable learning environment for swimmers of all ages and ability to thrive in.

These classes are 30-60 minute sessions, designed to grow and build the students ability and understanding of stroke development, water safety and water awareness and confidence.

Key points of this program are listed below:

- Certificate of achievement at the completion of each level
- Levels include Waterbabies to Level 7, teen and adult classes
- Classes operate inline with Victorian School Terms
- Holiday intensives offered for each season
- Programs run Monday through Saturday
- Access & Inclusion 1:1 subject to availability



Terms and Conditions

Full Terms and Conditions can be found under DOCUMENTS tab on the Client Portal or on our website [HERE](#)

Some key points have been highlighted below:

Waitlist

- If your preferred class is not available and you wish to waitlist, you can submit your waitlist request [here](#)

Medical Absences

- 2 medical credits can be applied per term
- Must Provide medical note/certificate/result for a credit
- Email at least 1hr before lesson to advise

Absences

- Missed classes outside of medical absences are forfeited. Due to high occupancy in our program we are unable to offer makeup classes or suspensions for missed classes

Cancellations

- Email swim@melbournesportscentres.com.au to request
- 2 week notice period for all cancellations
- Can attend classes up to cancellation date
- For medical injury/illness, immediate cancellations applied (with medical note/certificate)

Payment methods and Direct Debits

- \$21 per 30 min lesson
- \$23 per 45/60 min lessons
- Each debit covers 2 weeks of lessons
- Debit runs Tuesday to Tuesday
- Payment through bank account or credit card
- Failed debits incur a rejection fee of \$6.00 per transaction

Learn to Swim Levels Waterbabies & Preschool

Waterbabies Play Program (3 - 6 months)

Our Waterbabies Play program is for babies aged 3 to 6 months, with a class duration of 30 minutes designed to be very flexible to the needs of you and your child.

The classes will give you the opportunity to learn about water familiarisation, breath control, buoyancy and mobility techniques in a supported environment.

Once your baby turns 6 months, you will have all the tips and tricks to transition straight into our Waterbabies Bronze classes and fully participate in these further structured classes including songs and activities.

Waterbabies Play classes run on a casual booking system so no need to commit to every week and mothers and/or fathers groups most welcome!

Cost per class \$19

Waterbabies Program (6 - 36 months)

Our Waterbabies classes will develop your baby's water confidence, safety and enjoyment in the water, while also providing an excellent opportunity to bond in a safe, supportive and fun environment.

Our qualified Waterbabies instructors will guide you and your child through a series of aquatic skills, games and routines that are designed to compliment your child's cognitive and physical development.

For more details on our Waterbabies classes, see our website [here](#)

Waterbabies Bronze
Waterbabies Silver
Waterbabies Gold

Preschool Program (3 - 4 years)

Our Preschool program is grouped into 3 levels for children from the age of 3 to 4 years, up until students commence full time primary school.

In our Preschool classes, we begin to concentrate on confidence in the water and introductions to freestyle and backstroke.

For more information on our Preschool program, see our website

Preschool Bronze
Preschool Silver
Preschool Gold

Learn to Swim Levels School Aged 1-8

Levels 1 - 5 (5+ years)

Stroke technique and water safety is the foundation of our School Age Learn to Swim program. Our small class sizes and technique-based curriculum allows our teachers to give individualised feedback to swimmers and cater to their specific needs.

Levels 1 -5, run in our Multipurpose and Lap pools focusing on stroke development and the foundations of a good swimmer. Starting with basic movement through the water and advancing to refined stroke technique and endurance training.

Levels 6 - 7

Leading into advanced stroke technique and water safety knowledge, these classes run for 60mins in our 25m lanes.

The teachers are highly qualified in competitive strokes techniques allowing student are introduced to more advanced drills to ensure they maintain efficiency and distance per stroke across all different strokes.

Level 8

This pre squad level is an aquatic fitness program designed for swimmers aged 8 to 16 years, providing a transition from our learn-to-swim program.

The overall aim is to improve fitness, aid well-being and develop stroke technique in a social environment. It can assist those students involved in alternate sports, like football or other aquatic sports, to enhance their strength and endurance, and is the pathway to our invitation only competitive program which commences with our Development Squad.

Level 8 requires a committment of 2 x 60 min classes a week.

Cost for Level 8 is \$70 per fortnight.

From our Level 8 classes, swimmer have the option to try out for our MSC Swim Squad and further their development towards competition and high performance sport.

For more information on our School aged lessons, see our website

Learn to Swim Levels Teen & Adult

Teen Lessons (13 - 17 years)

We understand that sometimes the drive to learn swimming comes once participants can voice their concerns and feel more in control of their body. With this in mind we have introduced our Teen Lessons, catering to Beginners, Intermediate and Advanced Swimmers this stream is there to refine technique and ensure participants feel supported by their teacher and peers.

Adult Lessons (18+)

Our Adult classes cater to brand new swimmers in our Beginners levels to those wanting to advance their techniques in our Advanced Levels.

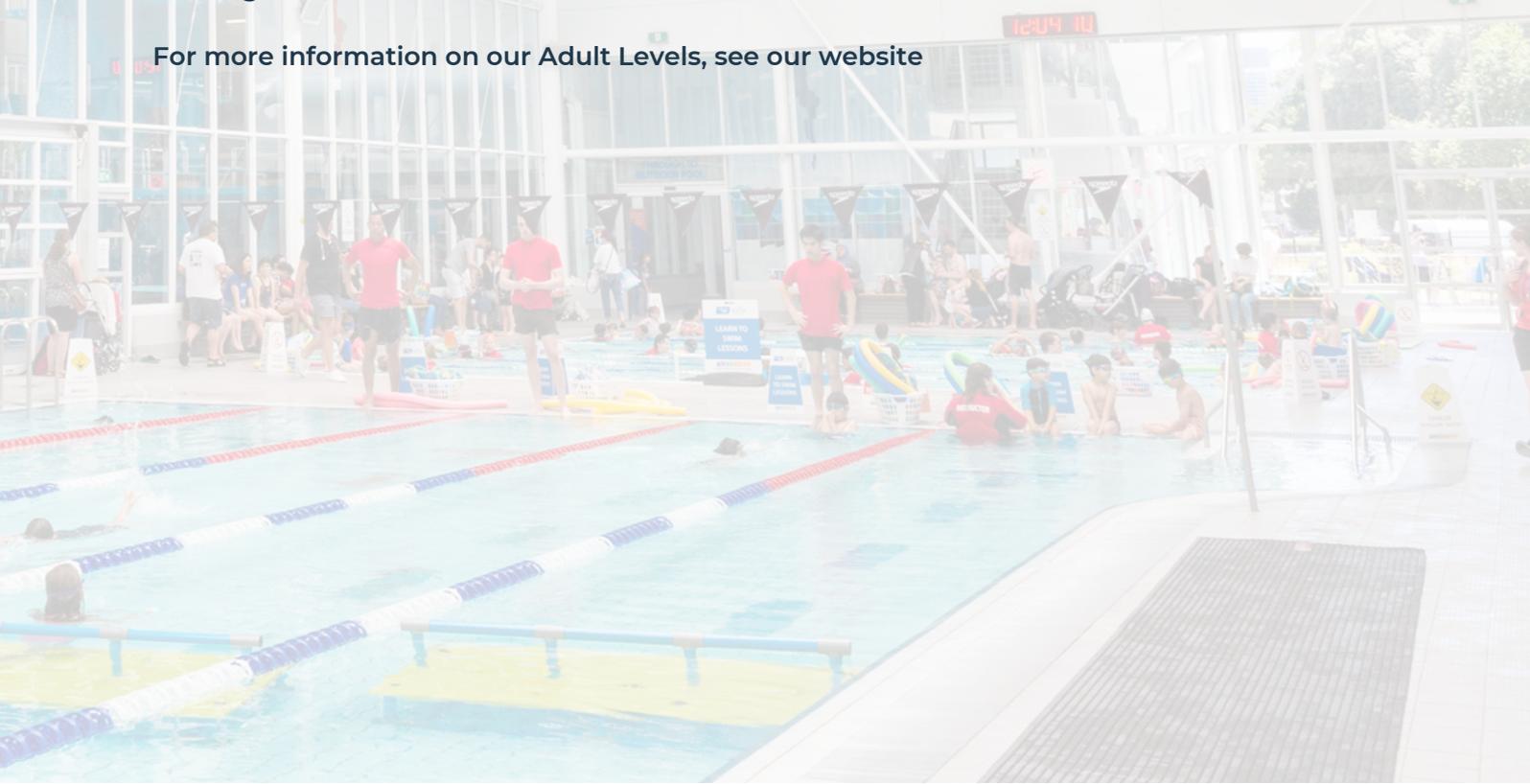
These classes are designed to be flexible and tailored to each swimmer's individual needs and goals.

Our Beginner classes have a focus on water familiarisation and confidence in water, running for 30mins.

Our Intermediate classes focus on stroke development and stamina in water, running for 45mins.

Our Advanced classes look at refinement of strokes as well as continuous lap swimming, running for 60mins.

For more information on our Adult Levels, see our [website](#)



Watch Around Water Policy

- Parents/guardians are required to watch the children and remain close by all throughout the lessons.
- They are advised to not be on their phones or other forms of technology.
- Children under 5, must have a parent/guardian with in arms reach at all times.
- Children under 10, must have a parent/guardian actively supervising them at all times.
- It is expected that all swimming instructors keep an eye on their swimmers throughout the whole session. Instructors will stand to the side of the class which will allow the students not to be in any blind spots.
- The Swimming instructor will always be the first into the water and the last person out of the water.
- The swimming instructor will make sure all swimmers are returned to a parent/guardian after the lessons.
- If there are platforms in the water the instructor will be between the platform and the students. Children are the most vulnerable, as they are beginning to familiarise themselves with the water and are prone to submersion.





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Get in touch:

Website: melbournesportscentres.com.au

Email: swim@melbournesportscentres.com.au

LinkedIn: Melbourne Sports Centres

Facebook: Melbourne Sports Centres

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

Term Dates 2023

Term 1: Monday 23th January to Saturday 1st April

**1 week earlier than school term due to Grand Prix Event*

Term 2: Monday 24th April to Saturday 24th June

Term 3: Monday 10th July to Saturday 16th September

Term 4: Monday 2nd October to Saturday 16th December

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