



PARENTS HANDBOOK 2023

GOODLIFE SWIM SCHOOL

Goodlife Cafe
is the ideal place to gather
with family and friends
and enjoy time together.

Our family-friendly
environment offers
something for...

everyone



GOODLIFE SWIM SCHOOL

**bubble
babies**



 **MON.** (8 MAX)

10 until 10:30am
10 weeks to 12 months only

 **WED.** (12 MAX)

10:30 until 11:15am
10 weeks to 5 years

 **THUR.** (12 MAX)

11:15 until 12pm
10 weeks to 5 years

INFORMAL WATER INTRODUCTORY CLASSES FOR BABIES 10 WEEKS OLD & UP (5YRS)

Under 6 months old \$5 per class

6 months - 5 years \$10 per child

Parents free.

Due to popular demand, classes are capped. BOOKINGS ARE ESSENTIAL CALL RECEPTION ON 5444 2126



WELCOME

Goodlife Community Swim School is a family friendly, safe environment where people matter. From ten weeks old through to squad and adults we have swim lessons to suit all abilities.

Our teaching team are certified Swim Australia trained instructors bringing state of the art teaching methods combined with engaging fun elements to create a positive and encouraging environment.

We are a Royal Lifesaving QLD Love2Swim endorsed swim school. Our aim is to serve the community by offering small class sizes and affordable lesson prices to allow everyone the opportunity to swim safely and confidently.

Safety Week Superheroes

With drownings increasing by 24% compared to the 10-year average it is critical that our families are reminded of the importance of being safe and vigilant around water.

Safety week provides us the opportunity to include additional skills into the Learn to Swim program which could ultimately save a child's life. These lessons focus on water safety skills such as floating, treading water, survival techniques, basic rescues and more.

Kids can come dressed as their favourite superhero in a costume suitable for the pool. We ask that they leave their goggles at home.

We will notify you via email when Safety Week is approaching so you can be prepared.

HOW WE COMMUNICATE WITH YOU

Our swim school uses email for event details and informational emails. If your child is ready for graduation, we will advise you via phone or private email.

BEST WAY / TIME TO CONTACT US

SWIM SCHOOL OFFICE HOURS ARE:

MONDAY TO FRIDAY	9AM until 2PM	3:30PM until 5:30PM
SATURDAY TO SUNDAY	CLOSED	

Email is the best way to make an enquiry. Email us at:

swimschool@goodlife.org.au and we will get back to you.



inSTRUCTORS

Our dedicated instructors love kids! They are committed to seeing your child learn safe water skills and develop excellent stroke techniques. If you'd like to put a face to the name, head over to www.goodlife.org.au/swim-school and scroll to view for photos of our current instructors.

CHILD Safety

The safety of our swimmers is important to us. If you have any questions regarding our child safe policies or any concerns that you feel we need to know please use the contact details below:

Greg Forrest

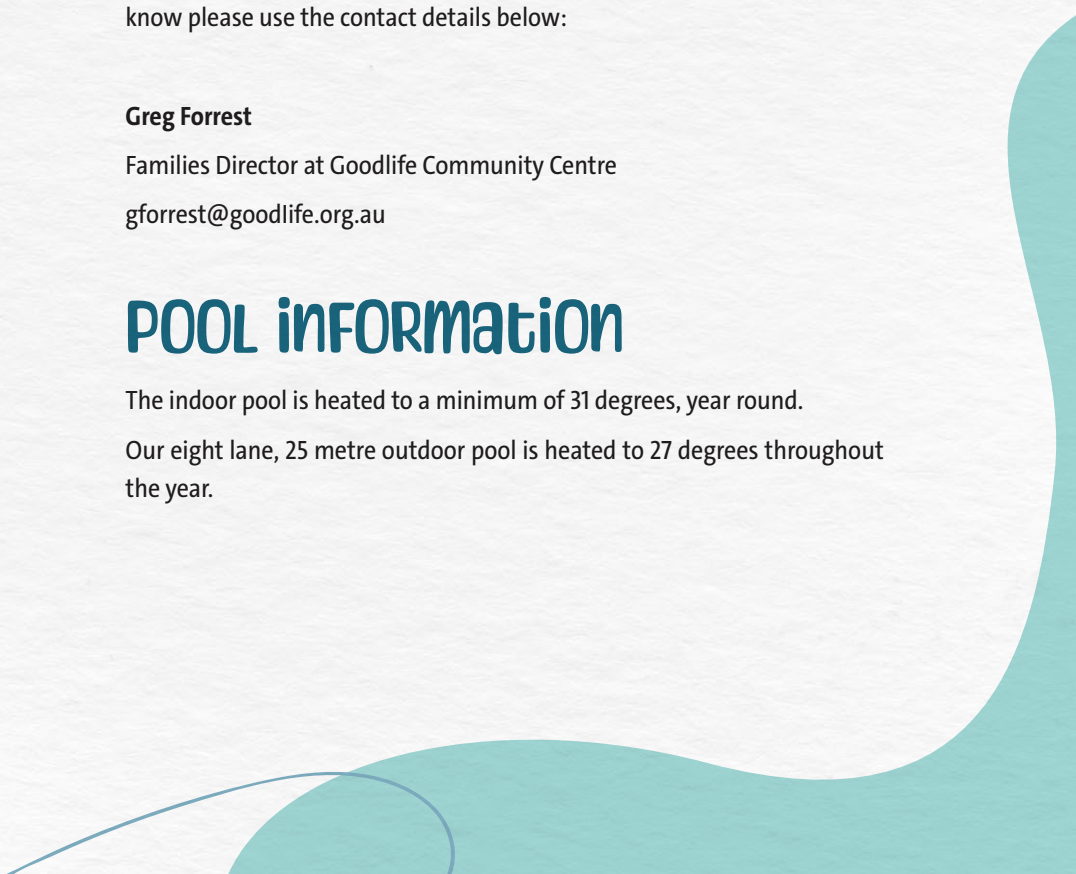
Families Director at Goodlife Community Centre

gforrest@goodlife.org.au

POOL information

The indoor pool is heated to a minimum of 31 degrees, year round.

Our eight lane, 25 metre outdoor pool is heated to 27 degrees throughout the year.







Levels

BUBBLE BABIES

10 weeks – 5 years

Bubble Babies is an informal in-water session for infants and children from ten weeks of age, aimed at introducing water awareness and familiarisation in a tranquil and stress-free environment. Our highly skilled Swim Australia qualified teacher will be on hand to answer your aquatic related questions and demonstrate water activities for you to practice at home. These sessions are more casual than a class. Please call reception to make a booking.

WONDER 2 *(Parent with child 6 per class)*

12 - 24 months

1. With support, safely enter the water from a seated position towards the carer. Be turned towards the edge to hold.
2. Demonstrate readiness for submersion.
3. Experience being gently submerged by carer towards themselves.
4. With assistance, float on their back with head on the carer's chest.
5. Experience body rotation in a vertical position.
6. Move legs up and down with carer encouragement. ('kick, 'kick')
7. Experience reaching for objects and pulling arms through water.
8. Hand walk along the pool edge and climb out with assistance.
9. Attempt to blow bubbles below the surface of the water.
10. Experience assisted glides from instructor to carer.
11. Experience assisted glides towards poolside and hold onto the edge with support.

WONDER 3 *(Parent with child 6 per class)*

2 - 3 years

1. Enter and exit the water safely unassisted.
2. With support, enter the water using a slide in entry, hold onto the pool edge and attempt to climb out independently.
3. Demonstrate readiness for submersion.
4. Experience free floating glides for a short distance towards poolside and hold onto edge with assistance.
5. Float on the back with support under the shoulders.
6. Using a flotation aid, demonstrate a kicking action.
7. With support, safely jump into the water from a standing position towards the carer and return to the wall ready to exit.
8. Blow bubbles with the face fully submerged, take a breath, and repeat the sequence.
9. With encouragement, hold a controlled back float for a period of 5 seconds and recover to a secure position.



Levels

COURAGE 1/TRANSITION *(3 per class)*

To graduate this level, you must be able to:

1. Enter and exit the water safely. May be assisted.
2. With assistance, holding the pool edge, move along the side towards and exit point and climb out.
3. Front float with the arms on teacher's shoulders.
4. Back float with head resting on teacher's shoulder.
5. Blow bubbles at the water surface.
6. Swirl, pull and push the water to feel the resistance.
7. With support, attempt to combine arms and leg movement.
8. Attempt to submerge the face underwater, and swim out to teacher from seated position.
9. Be confident in the water, and not show the need for parent to be close to side of pool.
10. Ready to graduate.

COURAGE 3 *(3 per class)*

To graduate this level, you must be able to:

1. Enter and exit the water safely and confidently.
2. Swim unaided for 3 metres demonstrating pop up breath using reach and arm pull action and flutter kick.
3. Demonstrate 3 metre streamline to instructor from seated position.
4. Kick 3 meters on back unassisted.
5. Self-rescue from the side of the pool.
6. Front float confidently unassisted.
7. Back float confidently unassisted.
8. Kick on front and back using kickboard unassisted.
9. With assistance, submerge, open eyes to retrieve an object held by the instructor.
10. Ready to graduate.




COURAGE 4 *(4 per class)*

To graduate this level, you must be able to:

1. Perform a slide in entry and exit the water using the edge. May be assisted.
2. Move from a back float, to a front float and to a back float again .
3. Swim 10 metres using underwater reach and arm pull and flutter kick, demonstrating controlled pop-up breaths.
4. Kick 5 metres on back unassisted.
5. Kick on front and back using a kickboard unassisted, up to a distance of 10 metres each.
6. Demonstrate 5 metre streamline to instructor from seated position.
7. Swim 3 metres underwater using a reach and pull action.
8. Submerge, open eyes to retrieve an object and recover to a secure position.
9. Ready to graduate.

COURAGE 5 *(4 per class)*

To graduate this level, you must be able to:

1. Perform a slide in entry and exit the water using the edge.
 2. Move from a back float to a front float and to a back float again.
 3. Swim 10 metres freestyle (controlled 4 big arms).
 4. Swim 10 metres backstroke (controlled arms) with ears in the water.
 5. Kick on front, and back, using kickboard for 10 metres unassisted.
 6. Demonstrate a 10 metre streamline to instructor from seated position with pop up breath.
 7. Submerge and swim through an obstacle and collect object from bottom of pool.
 8. Ready to graduate.
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Levels

Active 2 *(4 per class)*

To graduate this level, you must be able to:

1. Swim 20 metres freestyle (tapping hands) with basic side breathing and streamline start.
2. Swim 20 metres backstroke (catch-up) with correct body position and technique.
3. Demonstrate 20 metres breaststroke kick with noodle.
4. Demonstrate 20 metres survival backstroke kick.
5. Ready to graduate.

Active 3 *(4 per class)*

To graduate this level, you must be able to:

1. Swim 20 metres bi-lateral breathing freestyle, using correct continuous arm technique, with streamline start.
2. Swim 20 metres backstroke using correct continuous arm technique, with streamline start.
3. Demonstrate 20 metres breaststroke kick with a scull breath.
4. Swim 20 metres survival backstroke using correct technique.
5. Perform a somersault.
6. Ready to graduate.

Active 4

To graduate this level, you must be able to:

1. Swim 50 metres freestyle with correct technique and streamline.
2. Swim 50 metres backstroke with correct technique and streamline.
3. Swim 25 metres breaststroke with correct technique.
4. Demonstrate introductory butterfly kick underwater, 5 metres.
5. Swim 25 metres demonstrating introductory butterfly kick with a kickboard.
6. Swim a lap of pool demonstrating survival backstroke with correct technique.
7. Perform a freestyle tumble-turn on wall.
8. Ready to graduate.

Active 5

To graduate this level, you must be able to:

1. Swim 50 metres freestyle with streamline and turns.
2. Swim 50 metres backstroke with correct streamlined and turns.
3. Swim 100 metres continuously using correct stroke techniques.
 - 25 metres freestyle
 - 25 metres breaststroke
 - 25 metres backstroke and
 - 25 metres survival backstroke or sidestroke
4. Swim butterfly for 25 metres demonstrating a recognisable stroke and attempt correct breathing.
5. Ready to graduate.

Policies & Procedures

PUBLIC HOLIDAYS

If your child's lesson falls on a public holiday (outside of the three weeks closure at Christmas) they are entitled to a makeup lesson within the following three months. We highly recommend make-up lessons be booked as close to the missed lesson as possible. Please email swimschool@goodlife.org.au to arrange this.

PARENTAL SUPERVISION REQUIREMENT

Parents/carers are required to stay on the Goodlife premises and preferably in the Learn to Swim pool area whilst their child is participating in their lesson.

MAKE-UP LESSONS

We cannot guarantee times will always be available to suit your needs. In this instance we offer a family swim pass to be used for admission to our outdoor 25-metre and toddler pools. We do anticipate that there will be more make up spots available during school holidays.

Make up lessons will not be offered for any absence of a scheduled lesson that has not been notified to reception or the swim school office via phone or email. We appreciate as much notice as possible, or at least two hours if your child will not be attending their class.

CLASS HOLDS

The class hold is ideal for holidays or where make-ups are difficult due to personal commitments. Classes will not be held for longer than four weeks unless a medical certificate is presented.

In the event you wish for your child to take a break from swimming, we offer up to four weeks of class holds free of charge for every twelve months plus there will be an additional three-week closure over Christmas/New Year.

We appreciate as much notice as possible if you wish to place a hold on classes. Ideally when you book a holiday send us an email and let us know. A minimum of two weeks advanced notice must be given. Your child will be removed from their current schedule during the class hold period but will be guaranteed a place in their same lesson time on return from the class hold. If they require longer than four weeks (without a doctors certificate) re-enrolment of the same schedule cannot be guaranteed upon their return to lessons.

The Class Hold Request Form needs to be emailed or submitted to the swim school two weeks in advance. These are available at reception, or can be downloaded from the website.

DiREct DEBit via Ezi DEBit

All swimming lessons must be paid by completing an Ezi Debit form. The first withdrawal starts from your child's first swimming lesson. Money will be debited from your account fortnightly thereafter.

If your direct debit is declined, your account will be charged a \$14.80 fee. Ezi-debit charge a one-off administration fee of \$5.50 upon setting up direct debit and \$1.10 for each direct debit thereafter.

CANCELLATION AND REFUND POLICY

Refunds for missed or cancelled classes will not be offered. Credits for cancelled lessons will only be issued if a child has missed lessons due to major illness and upon presentation of a medical certificate.

On rare occasions Goodlife may cancel a swimming lesson for example, lightening risks during a storm. In this event we will send out a text message as soon as possible and make up lessons will be offered.

CASUAL LEARN TO SWIM BOOKING

If your child just needs a couple of lessons, you can pay for a casual swim lesson upon availability. The cost is \$21.00 per class. Casual lessons can only be booked NO more than one week in advance.

Policies & Procedures Continued

SWiM NAPPIES

All children three years and under **MUST** wear a properly fitted swim nappy for the duration of the swimming lesson to be able to participate. Only once the child is completely toilet trained are they exempt from this policy.

We reserve the right for our instructors to refuse inclusion of your child into the pool without appropriate swim nappy or if they are wearing a soiled swim nappy. Disposable nappies are available for purchase at reception.

SWiM CAPS

All children from Courage 3 up are required to wear a swim cap in their swimming lesson. This not only keeps their hair out of their eyes, but it helps with sanitisation.

EMERGENCY ASSEMBLY POINTS AND FIRE EXITS MAP

It is important parents/caregivers remain poolside during their child's lesson. In the event of an emergency, parents/caregivers should follow the direction of the swim school instructors and/or other Goodlife staff who will be directing people to one of the two emergency assembly points indicated on the map.

RACE NIGHT

G O O D L I F E

2023-2024

*WEDNESDAY NIGHT
STARTING @ 6PM*



If you are looking for family friendly, fun social competition for the kids over summer, join in our Goodlife Community **Swim Club Race Night**.

They are held on Wednesday evenings during term 4 and term 1 and are open to both social and competitive swimmers. There is a small fee for the season and the only requirement is that you can swim 25m.

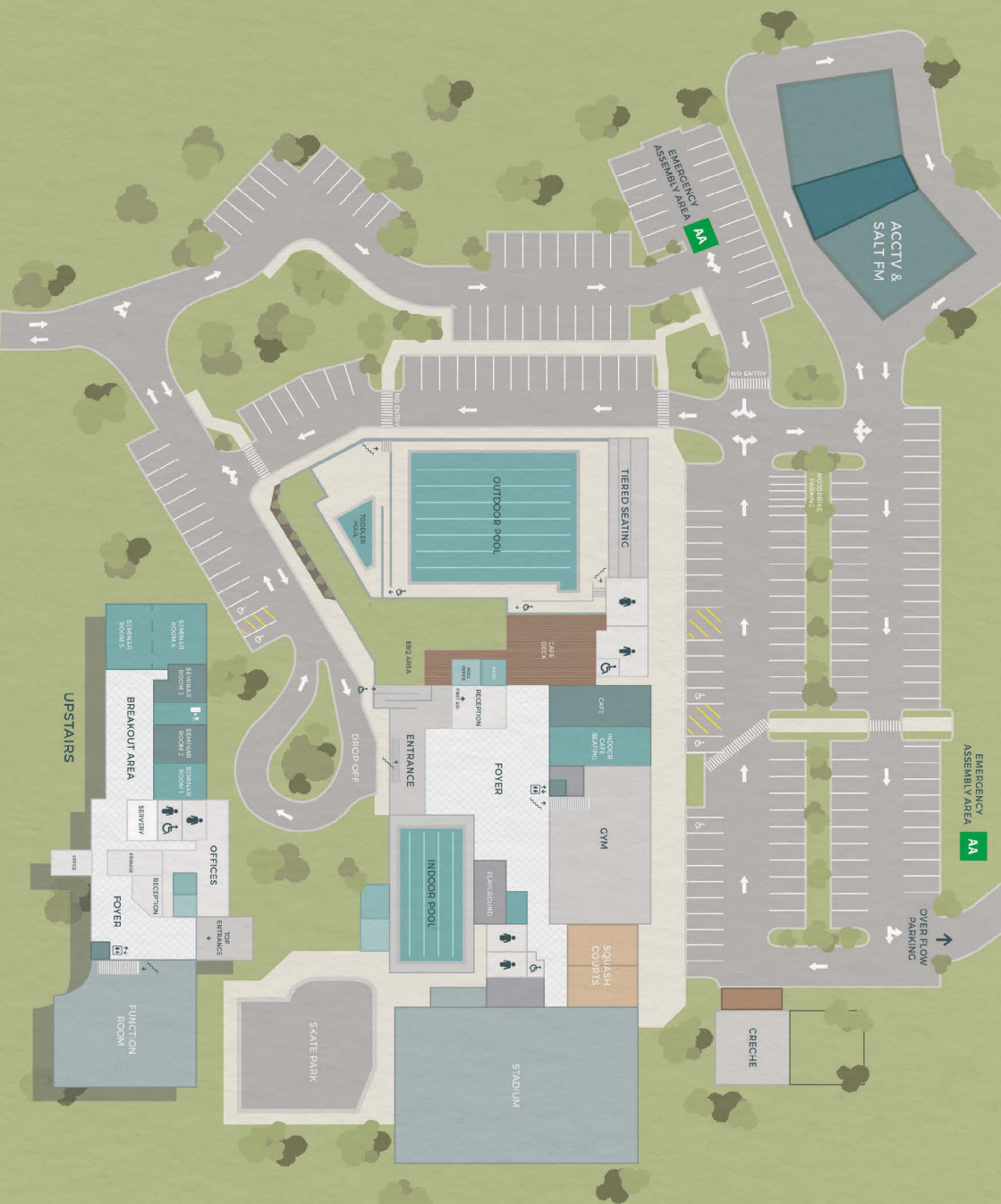
Sign up day is early September, check out our website for updates and contact the swim school if you wish to participate.

GOODLiFE CODE OF CONDUCT

The Goodlife Community Centre has been established as a place for people to come, participate and connect with others in a safe and enjoyable setting. The Goodlife Centre is based on Christian values and we will therefore endeavour to treat people in a manner that is both honouring to God and to individuals. We believe in the value of all people and we desire to see this value influence everything that we do and also the way that the centre is presented and kept. We ask that you, as a participant in the activities of the Goodlife Community Centre, behave in such a way that the atmosphere of the Goodlife Centre remains friendly and inclusive. Continued violation of these principles may result in the termination of membership for the sake of the well-being of others.

Therefore, we request that there be:

- No use of profane, vulgar or abusive language;
- No destructive, disruptive or divisive conversation with or about other members. Please honour and respect other individuals;
- No physical altercations;
- No consumption of alcohol on the Goodlife property;
- No smoking within the building or fenced enclosures (including the pools and skate facilities) and that all other relevant Queensland state regulations are abided by whilst on the grounds of the centre;
- No animals inside the building or enclosures unless as an aid to a person with a disability;
- Respect of the facility and its grounds;
- Appropriate and respectful response to instructions given by a member of the Goodlife staff.





100 Buderim Pines Drive
Buderim | QLD 4556

07 5444 2126
swimschool@goodlife.org.au
www.goodlife.org.au