



A Rich
Past
A Rich
Future

BATHURST PUBLIC SCHOOL



Phone: 02 6331 3923
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George St
Bathurst 2795

10 Day Intensive Swimming Program

Term 4 Monday 23rd November - Friday 4th December 2015

Dear Parents,

An intensive 10 day swimming program will be held at the Bathurst Aquatic Centre in Term 4 from **Monday 23rd November to Friday 4th December, 2015**. This program will be open to all children from Kindergarten to Year 6.

The children will be taught by qualified Swimming Instructors employed by the Aquatic Centre. Sessions will be 45 minutes long and will run everyday for 10 days between 9.15a.m. and 2.30 p.m. Children will be accompanied to and from the pool by school staff.

The children are offered the choice of two programs after a proficiency test is completed on the first day:

Option 1 – 'Safety and Strokes' Learn to Swim Program which is open to those children who would like to Learn to Swim, have a basic knowledge of swimming but require further instruction or those that require stroke correction.

Option 2 – Intense Training and Flippa Ball which is open to children that can swim laps and includes lap and fitness training and an introduction to the adapted Flippa Ball which is a child's version of Water Polo. Children need to be capable and confident swimmers to participate in this option.

The cost of this program will be \$100.00 for the 10 day program which includes entry to the pool, bus travel, professional instruction for the children and a certificate at the completion of the 10 day program.

Attached to this note is a permission note, swimming assessment sheet and medical note. Please complete all notes and return them with the correct money in an envelope clearly labelled with your child's name, class and swimming program to the front office at school. Likewise, some parents may elect to pay for the Swimming Program costs in instalments. Please make a deposit of \$20 and make regular payments off the total amount due. Once again, please ensure your money is placed in an envelope with your child's name, class and swimming program clearly written on the envelope and hand it in at the office. Parents will be requested to contact the school and update the Medical Information note closer to the start of the program if necessary.

The last day money(final payments for those paying in instalments) and notes will be accepted will be Friday 30th October, 2015. Parents will be informed of the time their child has been allocated for the swimming program in the following week.

Please note that no refund for the Swimming Program will be available after Friday 30th October 2015.

If parents have any further questions regarding this Intensive Swimming Program, please do not hesitate to contact Mrs White at school.

Regards

Kate White
Principal
11.06.15

Permission Note – Swimming Program Term 4 2015

I give permission for my child _____ in class _____ to attend the 10 day intensive swimming program to be held at the Bathurst Aquatic Centre from Monday 23rd November to Friday 4th December 2015.

I understand travel will be by bus and the children will be fully supervised by Bathurst Public School staff and will be instructed by qualified swimming instructors employed by the Bathurst Aquatic Centre.

I have completed the swimming assessment sheet attached and included

☐ the full payment for the 10 day swimming program being \$100.00

☐ a deposit of \$20 and will pay regular instalments off the amount owing(**The last day final payment will be accepted will be Friday 30th October, 2015).**

I understand that I will be required to fill in a medical form closer to the swimming school program commencement.

Signed_____

Date_____



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Bathurst Public School Swimming Program Assessment

Our Bathurst Public School Swimming Program will commence on Monday 23rd November for 10 days at the Bathurst Aquatic Centre.

As part of our program, we will be placing students in groups based on their ability. It is essential that we obtain preliminary information so children can be assessed and placed where they are best suited to enable them to get the most out of this intensive swimming program. If your child is grouped inappropriately, the staff at the Aquatic Centre will alter their group on day 1 after assessments.

We ask parents to accurately complete this swimming assessment and return it to school by Friday 30th October, 2015. This information will be given to the Aquatic Centre so they can form initial swimming groups.

Name: _____ Class: _____

Swimming Ability?

- ☐ No Water Confidence – Does not like the water
- ☐ Some Water Confidence
- ☐ Independently enter and exit the water safely and confidently

- ☐ Using any swimming action propel more than 3 meters
- ☐ Can perform a back and front float
- ☐ Using a freestyle action swim more than 10 meters
- ☐ Confidently dive from the edge into deep water
- ☐ Tread water for 30 seconds
- ☐ Can perform other swimming strokes but needs correction

- ☐ Can perform correct 25 meters of freestyle and backstroke
- ☐ Can perform 25 meters of breast stroke and butterfly

Does your child attend lessons?

- ☐ Yes
- ☐ No

If so, what level are they at? _____

Parent Name: _____ Parent Signature: _____ Date: _____

