



Swimming Program Information 2016 - 2017

The Scots School Swimming Lessons Term 4 2016 and Term 1 2017

The Scots School Swimming Program has been revised for the season of 2016-17 and will offer the following range of swimming programs. All classes will begin on Tuesday 11th October, 2016 and continue through Term 4 until Thursday 1st of December 2016. Classes will then resume in 2017 from Monday 6th of February and continue through Term 1 until the 23rd of March, 2017. Term 4 is an eight week block (October to December) and Term 1 a seven week block in February and March.

The swimming lessons will be co-ordinated and delivered by Mrs Sharon Inwood. Sharon has a great deal of experience in swimming instructing and swimming program design in the Central West across the whole range of swimming abilities. She has been the lead instructor of the Scots Swimming Program for the past four seasons and has helped build and develop our swimming program.

20 minute individual lessons are available for Pre K students.

For students in Kindergarten or above, lessons will be conducted in small groups of 2-3 students with assistance from secondary students who are working towards coaching accreditation. These lessons are 30 minutes in duration.

Below is a list of the swimming lesson options available beginning in Term 4, 2016 (Tuesday 11th October). Please be aware that the “Intensive Swimming Classes” for the Junior School which are conducted during the school day for a two week block are a separate program and information on these programs will be distributed prior to the program.

If you would like to discuss your child’s swimming needs, please email Mrs Inwood at swimming@scots.nsw.edu.au



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PRIVATE LESSONS and ENROLMENT DAYS

Lesson times are available on each afternoon except Friday. Lesson enrolments will be taken on Tuesday 13th and 20th September outside of Pre-Kindergarten between 3pm and 4:30pm.

PRIVATE LESSON LEVELS

Individual Pre- Kinder Lessons

This class is an amazing step in the development of your young child to grow their water confidence and basic water skills. Our aim is to develop confidence in floating and submerging skills and to independently swim in the water. Throughout the program children will begin to build the foundation of basic stroke development. They will also develop respect for the aquatic environment. Deep water confidence will begin to emerge towards the end of the program. Lessons for siblings aged over 2 and 1/2 years are also available.

Cost: \$160 a term

Scots Junior Dolphins (Learn to Swim Lessons)

Beginner: This class encourages water confidence and builds the foundation for swimming skills. Children will be introduced to swimming skills including submerging, floating and a strong kicking action. The progression will be to develop a basic freestyle arm action along with a strong kick. Freestyle breathing technique becomes a focus in the development of correct technique.

Intermediate: Students in this level will develop a natural freestyle action with a correct breathing technique. They will progress to breaststroke and dolphin kicks. Students develop skills over a short distance ensuring correct techniques are continually practised.

Advanced: This class develops the student's endurance and continues to ensure that correct technique is practised. Students are introduced to breaststroke and butterfly arm actions. Development to this level is a fantastic achievement for all young swimmers.

Cost: \$97 a term including a Junior Dolphins kit featuring a bag, shirt, cap and goggles.



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SCOTS PERFORMANCE SWIMMING PROGRAM (SPSP)

Students in Years 2-6 who can competently swim 25 - 50 metres unaided are invited to join our NEW PERFORMANCE SWIMMING PROGRAM. This exciting new goal orientated program aims to encourage our swimmers to aim high and pursue their goals.

The program will see students refine their strokes, develop their endurance and improve their times as they move through a series of levels throughout their time in the program. Mrs Sharon Inwood will mentor the students throughout the program.

As students progress through levels they will be awarded a certificate to acknowledge their progress. Progression from one level to the next is based on a combination of times and techniques.

PROGRAM LEVELS

Please note that the table below is a guide only for the times required for each level. Variations may occur according to the age and gender of the swimmer.

	Ability
Stingrays	The Stingrays is for students who have can swim between 25 and 50m in at least one event.
Dolphins	Students in this group are working towards swimming one stroke in less than 60 seconds with correct technique.
Sea snakes	Students in this group are working towards swimming one stroke in less than 50 seconds with correct technique.
Sharks	Students in this group are working towards swimming one stroke in less than 40 seconds with correct technique.

The Performance Program will be held on a Monday and a Wednesday afternoon between 3:30 and 4:30pm. Students are encouraged to attend both sessions to maximise progress however students can commit to one session. Program enrolments will be taken on Tuesday 13th and 20th September outside of Pre-Kindergarten between 3.00pm and 4:30pm.

Cost: \$90 a Term (2 days a week) or \$60 per Term (1 day a week) and includes a Scots Swimming Training Cap. There are **eight weeks** set for each Term. Students will be given a training cap.