Dear Parents,

At Rosary Primary School we recognise the vital role physical activity plays in the lives of all students by providing opportunities for personal growth, enjoyment and challenge. Swimming programs and swimming carnivals are an important part of our school’s curriculum, complementing a variety of other physical education activities.

Lessons this year will continue to take place at the Australian Institute of Sport (AIS) Swim School. The students are grouped according to their skill level. The program aims to develop swimming stroke skills, water confidence and water safety skills. Students who demonstrate a high degree of competence in all skill areas will be placed in an advanced program for extension. The progress students make with organisation, confidence and skill levels in a 2 week intensive swimming program are very apparent. The benefits of this, leading into the warmer summer months, are obvious.

In line with the expectations of student participation in other curriculum areas, all students are expected to participate in this program. If you are experiencing financial stress and require assistance with the cost of the program, please make an appointment to see Mrs Doszpot.

The cost per child is $87.00. This comprises $67.00 for lessons and $20.00 for transport. The AIS already provides reduced lesson rates and does not offer further reductions for families or missed lessons. The front office has streamlined their procedures for processing costs. As a result the amount of $87.00 will now be placed on your Term 4 school fees account for payment.

<table>
<thead>
<tr>
<th>Year levels</th>
<th>School Week</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kinder - 6</td>
<td>Every day during weeks 7 - 8</td>
<td>Monday 21 November - Friday 2 December</td>
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We are excited to secure this time slot again and are looking forward to another successful program. If you have any questions or concerns about the program please contact Mrs Doszpot or myself.

Kind Regards,

Julie Godfrey
Coordinator
Dear Parents/Guardians,

It is our goal that all children have the opportunity to learn to swim and enjoy the water safely. As such, we look forward to working with your child through the school swimming program to achieve this.

If this is the first time that your child is swimming with us, we would like to extend a warm welcome and hope that your experience here is a fantastic one. For those of you with children returning to our program, we would like to welcome you back and thank you for your continued support.

As a national award-winning program, we are proud to offer a program that caters to the individual needs of each student. We believe in quality over quantity and assess children based on their ability to perform strokes, not the distance or speed that they can swim.

In our experience, children swimming with incorrect technique over long distances can turn bad habits into a permanent part of their stroke. For this reason we prefer to teach basic skills over short distances before adding more advanced skills and distances.

Our AUSTSWIM qualified instructors will work with your child to ensure they feel more comfortable in the water, have improved their overall technique and are able to keep themselves safe in an emergency.

We look forward to having your child participate in our program.

Kind regards,

Swim School Management
AIS Aquatic and Fitness Centre
SWIMMING PROGRAM PERMISSION FORM

Please return this permission slip, with the attached AIS form, by Friday 14 October.

(Name of child) ___________________________________________ in class

____________________________________

has permission to participate in the School Swimming Program (Term 4, 2016) at the Australian Institute of Sport. I understand that travel to and from the pool each day will be by bus.

CONSENT TO MEDICAL ATTENTION: In the case of an emergency, I authorise the teacher in charge, where it is impracticable to communicate with me, to arrange for my child to receive such medical attention as may be deemed necessary. I also undertake to pay costs which may be incurred for medical attention, ambulance transport & medication while the child is on the excursion.

SIGNED: (Parent/Guardian) ____________________________ Phone: ____________________________

____________________________________

NB: It is important that each child has their own signed permission form.
2016 AIS School Swimming - Conditions of Enrolment

Before registering your child, we ask that you read and you accept the following conditions of enrolment:

- Parents are only permitted to attend swimming lessons in the second week of the program.
- All enquiries regarding your child’s swimming lessons must be directed to the swimming contact at your school, who will then notify us.
- Our School Swimming lessons are charged at $67.00 per student for 10 lessons. This is a savings of over 60% off our regular term lessons. Therefore, no further discounts will be applied and no missed lessons can be made-up or refunded.
- All children swimming are required to wear the AIS Swim School cap they will receive. If your child comes to lessons without this cap, he/she will receive another one and a charge of $3.00 will be invoiced to your school. As swim caps are colour coded for each school, we cannot allow children to wear their own personal cap.
- Please keep in mind that students will be active throughout their swimming classes, therefore, attire that is conducive to lessons must be worn. All swimmers should be well fitted and we ask that neither recreational bikinis nor long board shorts are worn as they impede correction and movement through the water.
- The ASC, from time to time, may take photographic, sound and video images of your child or your child’s likeness and use them in print, digital and electronic media for the purpose of promoting the AIS and the ASC. Any objection to this must be noted to the swimming contact at your school.
- Please note that if your child’s assessment letter and indemnity form are not received at least two weeks prior to the commencement of lessons, he/she will not be able to participate in lessons.

Assessment Form

Please circle the appropriate answers indicating your child’s swimming ability. This is a guide only: your child will be assessed by AIS Swim School staff during the program.

My child swam with AIS School Swimming last year, and their re-enrolment level was ____________________

My child currently participates in afterschool / weekend lessons at AIS in the level ____________________

Can your child exhale and submerge in the water? Yes No
Can your child float unassisted on back and front? Yes No
Can your child kick unassisted for 5m on back and front? Yes No
My child can swim freestyle with basic technique Yes No Distance ______
   My child does this with correct bilateral breathing Yes No
   My child does this with correct unilateral breathing Yes No
My child can swim backstroke with basic technique Yes No Distance ______
My child can swim breaststroke with advanced technique Yes No Distance ______
My child can swim butterfly with advanced technique Yes No Distance ______
School Swimming Registration Form

Please use BLOCK LETTERS

Child's Name: ____________________________

School: ____________________________ Age: ____________________________

Class: ____________________________ Teacher: ____________________________

Medical conditions: ____________________________

Emergency Contact Information:

Parent/Guardian's name: ____________________________

Tel: ____________________________ Mob: ____________________________

Child's address: ____________________________

RELEASE AND INDEMNITY

In consideration of the AIS Swim School allowing me to participate in any activity conducted by, or allowing me to use the facilities and equipment of, the AIS Aquatic Centre, I agree to:

(a) The conditions of enrolment listed above. Please note that your child is not permitted to swim if this is not signed.

(b) Release the Australian Sports Commission (ASC), its officers, employees and agents from liability for any property damage, illness, personal injury or death incurred or suffered by me/my child in connection with my/their participation in such activities or my/their use of such facilities and equipment; and

(c) Indemnify the ASC, its officers, employees and agents from and against all losses, damages, claims and expenses (including legal costs) incurred or suffered by them that are caused by me/my child in connection with my/their participation in such activities or my/their use of such facilities and equipment;

*Except to the extent that the liability, losses, damages, claims and expenses referred to in (a) and (b) are directly caused by the negligence of the ASC, its officers, employees and agents.

..........................................................................................................................

(Signature of Participant or Parent/Guardian) ..................................................................

(Date)

| T 61 26214 1281 | Leverrier Street Bruce ACT 2617 |
| F 61 26214 1836 | PO Box 176 Belconnen ACT 2616 |
| E swimschool@ausport.gov.au | ausport.gov.au/aquatic |

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