

Streamline

Monash Sport Learn to Swim and Squad Program Term 2 2008



10:30am -12:30pm
Level 3 and over

Activities Day Saturday 29 March 2008

Whats on:

- Giant inflatable
- Relays
- Surf Board races
- Volleyball
- Water Polo **and MORE!**

Cost: \$5 entry

RSVP by Thursday 20 March. Entry forms available from the Aquatics Service Desk.

* Activities only suitable for water confident children.



Changes to the Learn to Swim Program in 2008

From Term 1 2008 the Aquatics Leadership Team has made a number of changes to the Learn to Swim and Squad Program. These changes include:

- All Level 4 and 5 classes will run for 45 minutes
- Students in Level 3 – Level 7 will be offered a 50% discount on any second and subsequent sessions they undertake per week.
- Minor changes to the Learn to Swim and Squad curriculum.

We believe these changes will speed the progress and the development of students in the Monash Sport Learn to Swim and Squad Programs.

Competition News

Monash Sport swimmers competing with the Monash University Swim Club have continued to improve and produce amazing results in the past three months.

Monash Sport staff member Brendan Kermeen travelled to the Tasmanian Open Swimming Championships, winning 3 silver medals and a bronze medal. Brendan has made qualifying time in the 50m butterfly for the Beijing Olympic trials to be held in Sydney in late March 2008.

*Congratulations
Brendan, we look
forward to watching
you on television!*

*13 year old Daniel
Chia also competed
at the Tasmanian
Open Swimming
Championships
and has qualified for
the National Age
Championships for
the 200m backstroke.*



Monash University Swim Club was well represented at the Victorian Championships held in January with David Parr qualifying for the Australian Age Championships in the 13years 100m and 200m backstroke and Jesse Bozin winning gold in the 12years 100m freestyle and bronze in the 200m freestyle.

The swim club has also expanded to open water competitions, with 16 year old Michael Dehaini and 14 year old Izzie Robertson qualifying for both the 5km and 10km events at the Australian Age Open Water Championships.

Doug Ellis Swimming Pool
Monash University
Wellington Road, Clayton

Tel: 9905 4115

Fax: 9905 4104

www.sport.monash.edu/pools

Opening hours:

Monday-Friday 6.30am – 8.00pm

Saturday 8.00am – 6.00pm

Sunday 9.00am – 6.00pm

TeamMONASH™ Community Fitness Events



Twenty-five volunteers also lent a hand to support the swimmers.

Event patron and Berwick and Peninsula campus Pro Vice-Chancellor Professor Phillip Steele was on hand to witness some fantastic performances from the team and said the event was a great chance to show Monash to the community.

"It's a tremendous testament to Monash. There's people from all parts of Monash, they've prepared during the year, they work hard and represent the university well," Professor Steele said.

Fiona Sanson placed third in the 30–39 years female age group and Sharon Newstead was third in the 40–49 years female division. Adam Bretel was the winner of a random \$1,000 prize draw.

TeamMONASH™ participants praised the support of staff and volunteers in helping make the day a great experience.

An inspiring double victory in the open mens and junior mens events for teenager Sam Sheppard capped off a successful day for TeamMONASH™ at the 2008 Portsea Swim Classic on Saturday 19 January.

Sheppard swam the 1.2km distance to win the junior 12–17 years event early in the day and backed up to also win the open category. Participation for TeamMONASH™ in the 2008 Classic was almost double last year's numbers with 152 swimmers registered.

"It was a brilliant day and a wonderful atmosphere in the team tent – it was amazing how mutually supportive, considerate and good-humoured the helpers, staff and participants all were," one participant said.

The Portsea Swim Classic is one of the largest open water swims held in Australia and raises money for Portsea Life Saving club.

Swimming groups train throughout the year to prepare for the next event. The Tri-Swim Squad is designed for masters, triathletes, open water swimmers and those who can swim at a reasonable level.

Anyone interested in taking part in the next TeamMONASH™ event can start training for the Mothers Day Classic, which is on Sunday 11 May. The event offers an 8km run, 4km run and 4km walk.

For more information on TeamMONASH™ please visit www.sport.monash.edu/events

Australian University Games – Congratulations Monash!

From September 28 to October 3, Monash University will be hosting the largest annual multi sporting event in Australia – the Australian University Games 2008.

As the Principal Partner University for 2008 Monash University will be host to over 6500 athletes and 400 volunteers from across Australia. The games will include up to 28 team and individual sports including Australian rules football, soccer, netball, basketball, athletics, swimming and cycling.

After a strong performance finishing second in 2007 on the Gold Coast, TeamMONASH™ will be ready for bigger things in 2008 when the games return to our home turf – Melbourne. If you ask anyone who has been involved in one of these events they will tell you that it is an experience of a lifetime, and one of the most rewarding experiences that university life can offer.



Anyone can become involved either as a participant, volunteer, official or as a spectator. **For further information or more information on how you can become involved please contact Nicole Schmidt at nicole.schmidt@sport.com.au**

Staff Profile

Emily Gartland



Position:

Swimming Instructor, Lifeguard and Customer Service Officer

Favourite swimming stroke:

Breaststroke

Favourite food:

Tomato

Hero:

Aquaman

Favourite movie:

Asterix and Obelix take on Caesar

3 things I would take to a desert island:

Bathers, a friend and a genie for Tim-Tams

Describe yourself in 5 words:

Energetic, personable, loud, bookish and bendy

Swimming Instructors wanted!

If you enjoy working with children and are looking for a rewarding profession with flexible working hours, becoming a Swimming Instructor could be for you!

If you are interested in finding out more information about becoming a Swimming Instructor or under-taking the AUSTSWIM Teacher of Swimming and Water Safety course, please contact either Ariane at the Aquatics Service Desk or via email (ariane.tebb@sport.monash.edu.au).

Information on AUSTSWIM courses is also available on www.austswim.com.au.

Swimming Australia Building Healthier Swim Schools Seminar

Ariane, Gillian and David of Monash Sport recently came face to face with swimming legend and fellow swim school operator Hayley Lewis.

Newly appointed as Australian Unity Learn to Swim Ambassador, Hayley gave Monash Sport staff an overview of her experience at the Building Healthier Swim Schools Seminar at the Melbourne Sports and Aquatic Centre, a seminar made possible through a new partnership between Australian Unity and Swim Australia's Learn to Swim program.



"For me, swimming has been a sport for life. I was taught to swim when I was two to make sure I was safe and from there swimming became both a career and a lifestyle," Hayley said. "Now I've done the same for my kids and I really encourage all parents to ensure their kids get the safety and health benefits of learning to swim as early as possible.

"The best way to teach kids to swim is at an accredited swim school where they'll be in a safe environment and can build skills and confidence in the water," she said.

Monash Sport is registered with Swim Australia. Swimming sets kids up into an exercise pattern that they can regularly do for the rest of their lives without the risk of serious injury. Once you are a swimmer you can always be a swimmer.

Learn to Swim and Squad Program Term 2 2008

Important Dates

7 – 13 March	Progress Reports issued for Term 1 2008.
7 – 20 March	Enrolment and payments for Term 2 2008. Payments received before 20 March receive a free Monash Sport gift.
20 March	Final day for Term 1, 2008 Swimming Lessons.
29 March	Activities Day.
7 April	Term 2 2008 begins.
25 April	ANZAC Day. No lessons.
9 June	Queens Birthday. Lessons will be held as normal.
16-22 June	Progress Reports issued for Term 2 2008.
16 - 29 June	Re-enrolment and payments for Term 3 2008. Payments received before 29 June receive a free Monash Sport gift.
29 June	Final day for Term 2 2008 Swimming Lessons.
14 July	Term 3 2008 begins.

Payment Policy

1. Learn to Swim lessons are \$12.80 per lesson payable by the term.
2. Squad sessions; Payments vary depending on frequency of training; please speak to our customer service officers for the squad pricing schedule for your level.
3. A \$25 non-refundable deposit is required prior to the start of term to confirm enrolment
4. Adult students are required to pay term fees in full prior to their first class.
5. Final payment is required by the second week of term (14 – 20 April).
6. Enrolments will be cancelled if FULL payment has not been received by the second week of term.
7. No monetary credit or make ups are carried over to the following term.
8. Full payment of Term 2 fees prior to the end of Term 1 (20 March) will receive a free Monash Sport gift.
9. A discount is available on lessons for families with 3 or more children enrolled, Monash University students and pension/ concession card holders. Please note that only one discount is available per student. Please advise our customer service officers of entitlements upon enrolment, proof of entitlement must be displayed at time of payment to receive discount.

Missed Lesson and Make-up Lesson Policy

1. There are no refunds or cash credits for any missed lessons
2. If you are unable to attend a lesson you must notify the Swim School on 9905 4115 at least 24 hours in advance. Failure to notify absence will result in no make up being credited.
3. No make-up lessons will be conducted during the first two weeks of term, to allow for new enrolments.
4. Make-up lessons cannot be taken until the full fees for the term have been paid.
5. Only 2 make up lessons provided per term - must be used in the current term
6. At the completion of each term, all make up credits will be removed.
7. The only instance extra make up credits will be given is upon the presentation of a medical certificate with dates specified to the Swim School Coordinator.

Cancellation Policy

1. There are no refunds or monetary credits for any missed lessons.
2. Refunds for fees due to cancellation will incur a \$25 administration fee.

Free Practice Swims

For all enrolled and fully paid Swim School students we offer free practice swims at any time within normal opening hours.

Please note, all children under 10 years must be actively supervised by a parent or guardian. Free practice swims apply only to enrolled students. Accompanying parents and family are required to pay pool entry fees.

We encourage students to make use of this service as we believe it will enhance each students learning progress. School holidays are included providing full payment for the forthcoming term has been received.

Multiple Sessions Per Week

Swimmers at any level are able to take up the option of doing more than one lesson per week to speed the progress of your child. Substantial discounts apply for swimmers from Level 3 and up who take up the option of doing 2 or more sessions per week. All swimmers are strongly advised to take up the option of multiple sessions. An integral element of training is increasing the swimmers fitness. This will benefit their swimming and also their general fitness which positively impacts on all aspects of their life, including academic success.

Term 2 2008 Dates

Day	Start	Finish	Weeks
Monday	7 April	23 June	12**
Tuesday	8 April	24 June	12
Wednesday	9 April	25 June	12
Thursday	10 April	26 June	12
Friday	11 April	27 June	11*
Saturday	12 April	28 June	12
Sunday	13 April	29 June	12

* No lessons will be held on Friday 25 April due to ANZAC Day Public Holiday.

** Lessons will be held on Queen's Birthday, Monday 9 June.