



ROYAL LIFE SAVING
QUEENSLAND



THE PLANTATION SWIM SCHOOL AND AQUATIC CENTRE



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SWIM AND SURVIVE PROGRAM

Swim and Survive is a national program that seeks to increase swimming and water safety skills of Australian children to prevent drowning and increase participation in safe aquatic activity.



THE PROGRAM

The program teaches a range of skills and knowledge to develop swimming, water safety, survival and basic rescue skills. It aims to develop a strong and safety aware swimmer who has a healthy respect for the aquatic environment.

The program develops skills across the following strands:

- Entries and exits
- Survival and PFD skills
- Rescue Skills
- Movement and swimming strokes
- Floating and sculling
- Underwater skills
- Water safety knowledge

Swim and Survive has seven core levels to progress through; each comprising of competencies from the above strands. There are three developing levels as a pre-entry to the lower end core levels to ensure students have a sense of achievement.

(Note: Swim and Survive includes the Wonder and Courage programs for children aged 6 months- 3 years and 3 to 5 years respectively)



RESOURCES

Comprehensive resources are available to support the delivery of the Swim and Survive program and reward students for their achievements. The Swim and Survive Aquapak guides teachers in the delivery of the program with a 'must see' assessment guide, lesson plans and the teaching activities. A quality DVD demonstrates the progression of skills from all the strands.

Certificates and logbooks are available to monitor students' progress and reward their achievement through the Swim and Survive program pathway.



SWIM AND SURVIVE PARTNERS

The Swim and Survive program can be easily implemented as the school's swimming program either by the school themselves by using their own facility, or by hiring lanes and using their own qualified instructors. Schools may prefer to participate in the program through a Swim and Survive Partner. A Swim and Survive Partner is a quality delivery agent of the Swim and Survive program that has agreed to comply with a number of standards including venue safety, teacher qualification standards including venue safety, teacher qualification standards, program delivery, signage and policy adherence.



PLANTATION AQUATIC SWIM SCHOOL



Little Royals Swim School is about more than perfect strokes—it's about building confident, capable, and water-smart swimmers. Our lessons focus on real-life water safety skills, helping children learn how to be safe in and around the water, not just in the pool. We cater for babies as young as 6 months through to confident swimmers up to 13 years. We aim to nurture skills that grow with your child, encouraging confidence, awareness, and a lifelong respect for water in a fun and supportive environment.

WHY CHOOSE LITTLE ROYALS?

Our Learn to Swim program is based on the concept of learning through play and water exploration for our younger students and incorporating self-survival skills with swimming strokes, embracing our renowned 'Swim and Survive' Program. We aim to create the best water safety and swimming program for children of all ages and abilities.

SURVIVAL STROKES

We incorporate survival strokes into our 'Swim and Survive' Program, so that if your child ends up in an aquatic emergency they will be equipped with the necessary skills to be able to swim for long distances while conserving body heat.

WATER SAFETY

Water safety is the foundation of our swimming lessons. Each term we cover age- and skill-appropriate water safety information so that your kids know how to stay safe around water.

SUPPORTIVE LEARNING ENVIRONMENT

Our program is structured into skill strands that ensure a balanced, comprehensive instructional approach to a child's aquatic education



OUR TEAM:

We have an awesome, small team of enthusiastic swimming teachers who all have a passion for teaching and water safety.

Developing relationships between children and their teachers is a priority for us, and our swim teachers love getting to know everybody on a better level!

All our Swim Teachers are industry qualified through Austswim and the Royal Life Saving Society, meaning parents have the reassurance that our teachers are certified to the highest industry standard by Australia's leading aquatic organisations.

COSTS: FEES TO BE PAID IN FULL BEFORE LESSONS

Costs Per Child: \$22 for 1 lesson each week

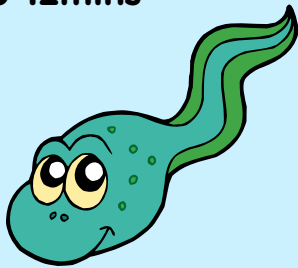
Private Lessons (On Request): From \$44 for half hour lesson

For further information, visit us at www.plantationaquatics.com.au/swim-school/

OUR LEVELS: **LITTLE WONDERS**

The Little Wonder levels focus on water familiarisation, enjoyment and development of elementary skills required prior to independent participation, designed for children aged 6 to 48 months. These levels feature in-water parent or carer participation and learning through games, play and movement skills.

6-12mths



LITTLE WONDERS 1 **Tadpole**

Our Wonder 1 baby lessons gives your baby an awesome introduction to the water. They are designed to equip you with the skills and confidence to develop water familiarisation, enjoyment and development of elementary skills. Your child will learn through play, games and fundamental movement skills.

1-2 yrs



LITTLE WONDERS 2 **Salamander**

Our Wonder 2 lessons develop your little one's confidence and mobility in the water, and builds on the basics skills through games, play and movement skills.

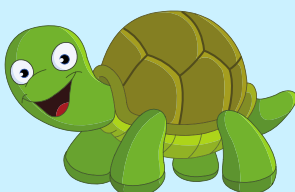
2-3 yrs



LITTLE WONDERS 3 **Frog**

Our Wonder 3 lessons continue teaching basic mobility, breathing control and building confidence. Your child will have independent mobility, while bonding with Mum or Dad in the water! We have small group sizes of 4-6 children.

3-4 yrs



LITTLE WONDERS 4 **Turtle**

Our Wonder 4 lessons are for our more confident and advanced toddlers. It enables children to graduate into an independent swimmer class. Your child can swim with or without a parent depending on their level of confidence!

TRANSITION

OUR LEVELS:

LEVEL 1-7

These levels are focused on teaching and developing swimming and water safety skills. They focus on ages 5-13, incorporating personal survival, water safety and lifesaving to complement strong swimming skills. Lessons are taught using active practice, activity and scenario-based learning.

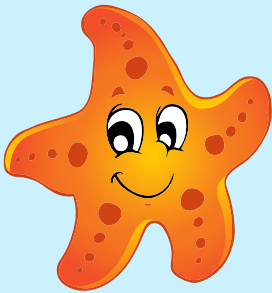
5+ yrs



LEVEL 1

Beginner Starfish

Level 1 are independent beginner swimmers. This is our first independent participation class. We focus on building strong foundation skills required to develop more complex motor skills and begin to teach basic freestyle swimming techniques with bouyancy aid.



LEVEL 2

Starfish

Level 2 are independent beginner swimmers continuing to learn fundamental swimming skills. This is an independent beginner level. We focus on consolidating foundation skills to develop a freestyle stroke thorough learning big arms with bouyancy aid.



LEVEL 3

Seahorse

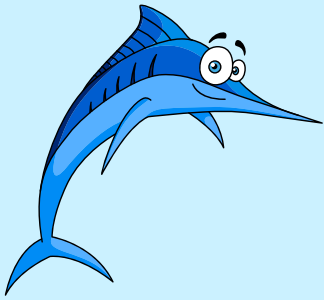
Level 3 begin to learn more complex swimming skills, leading to great confidence and independent swimming! This is a stroke development level, focusing on bilateral breathing, freestyle and backstroke skills.



LEVEL 4

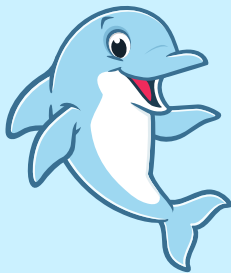
Sea Dragon

Level 4 are very confident independent swimmers, capable of swimming freestyle 15 metres unassisted. This is a stroke development level focusing on freestyle and backstroke techniques, and introduces breaststroke kick.



LEVEL 5 Marlin

Level 5 are very confident independent swimmers, capable of swimming strong freestyle and backstroke over 25 metres unassisted, and 15 metres breaststroke. This is a stroke development level focusing on learning and developing all 4 strokes and increasing distance and duration.



LEVEL 6 Dolphin

Level 6 is designed for children capable of swimming all 4 strokes efficiently. This level introduces the dolphin kick, and starts to further develop each child's aerobic capacity by working with sets of laps, whilst continuing to maintain a strong focus on efficiency.



LEVEL 7 Shark

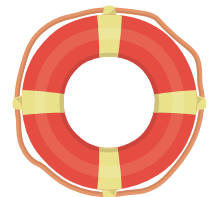
Level 7 are very confident independent swimmers, capable of swimming all 4 strokes efficiently and over longer distances. This level starts to not only further develop each child's endurance, but also their entry and exit, and survival sequence skills wearing light clothing.

NATIONAL
BENCHMARK
12 YEARS

OUR FOCUS ON WATER SAFETY

The Swim and Survive initiative ensures that the essential components of personal survival and water safety are provided.

Beginning in our first Little Wonder Level, we have a large focus on teaching water safety to ensure personal safety when in pools, exploring rivers or lakes, or at the beach with friends!



BENEFITS OF SWIM AND SURVIVE

The Swim and Survive program is:

- Backed by 125 years of Royal Life Saving history
- Well-researched and reviewed regularly to keep it up to date
- Aligned to the National Swimming and Water Safety Framework
- The best avenue to achieve the National Benchmarks for swimming and water safety
- GST-free as it meets the criteria of personal aquatic survival skills
- Above all, fun, challenging and a channel for personal achievement

NATIONAL WATER SAFETY FRAMEWORK

The National Swimming and Water Safety Framework aims to enable individuals to develop the skills, knowledge, understanding, attitudes and behaviours required to lead safe and active lives in, on and around a range of aquatic environments.

Learning and participation in swimming and water safety activities are vital in reducing the number of fatal and non-fatal drowning incidents in Australia. It is also vitally important to support broader community outcomes such as improving health and welfare, creating a more skilled workforce and increasing the rate of participation in physical activity.

COMPONENTS OF THE FRAMEWORK

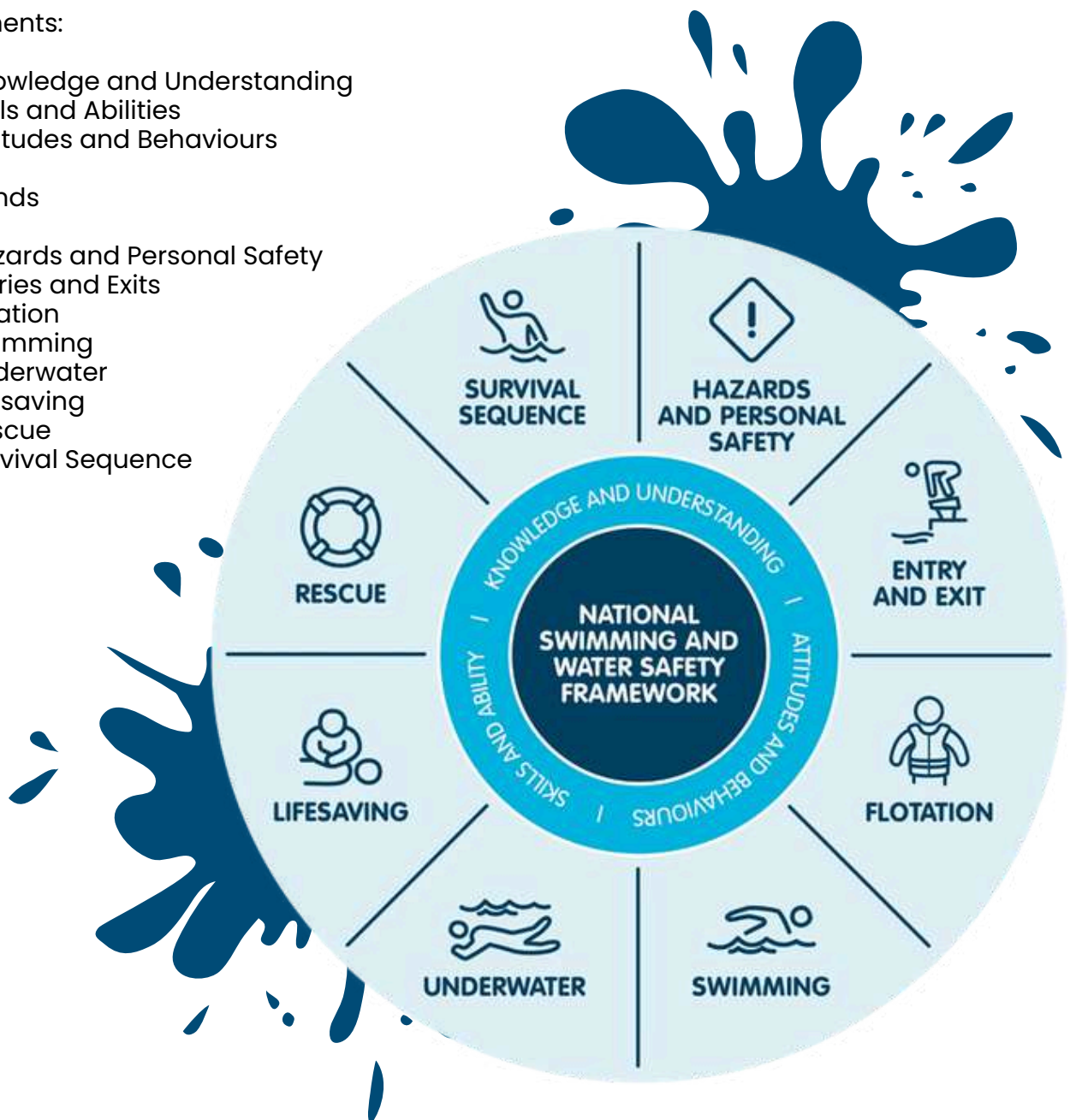
There are three interrelated elements within the framework as well as eight learning strands that together form a holistic framework and approach toward teaching swimming and water safety.

Elements:

- Knowledge and Understanding
- Skills and Abilities
- Attitudes and Behaviours

Strands

- Hazards and Personal Safety
- Entries and Exits
- Floatation
- Swimming
- Underwater
- Lifesaving
- Rescue
- Survival Sequence



**BOOK A
PERGOLA FOR
YOUR NEXT**

BIRTHDAY PARTY

PERGOLA BOOKING FEE

**\$60 PER PERGOLA
10AM – 4PM**

***TERMS AND CONDITIONS
APPLY***



- ✓ BRING YOUR OWN FOOD OR BUY FROM OUR KIOSK!
- ✓ USE OUR ON-SITE BBQS
- ✓ DECORATE YOUR PERGOLA (JUST REMEMBER TO REMOVE DECORATIONS AFTERWARDS)
- ✓ ENTRY FEES APPLY FOR ALL GUESTS



TENNIS CLUB MEMBER

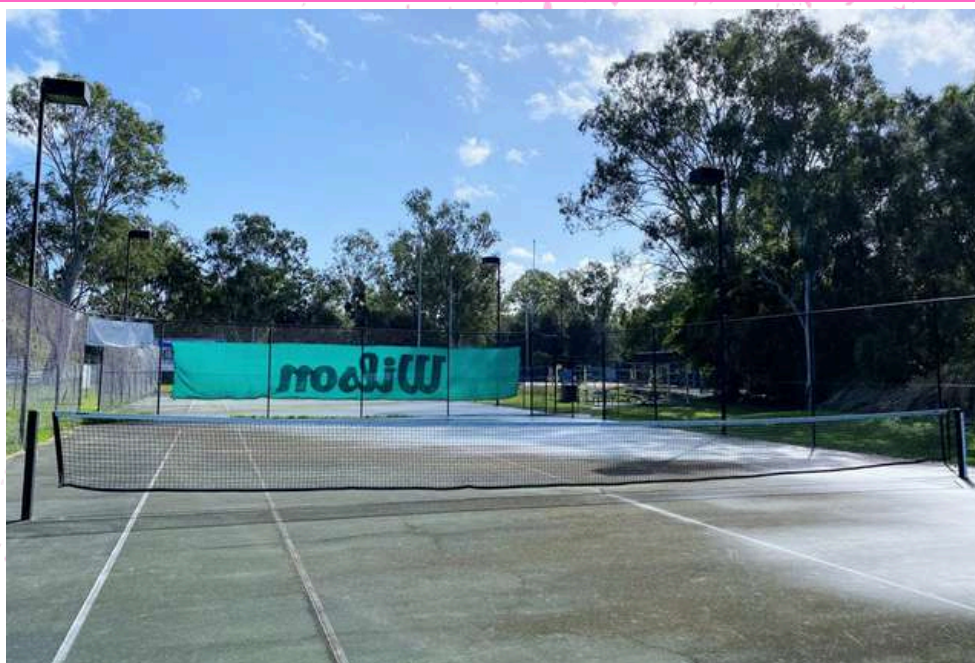
Join our tennis community and
enjoy great savings all year round!

MEMBER PERKS

- 50% OFF COURT HIRE – ENJOY HALF-PRICE COURT HIRE WHEN YOU BOOK ONLINE WITH YOUR PERSONALISED DISCOUNT CODE. DISCOUNT CODE WILL BE SENT IN 1-2 DAYS AFTER MEMBERSHIP SIGN UP.
- BIRTHDAY OR SEASONAL PERKS (E.G., FREE SWIM ENTRY ON YOUR BIRTHDAY)
- ONCE A MONTH, GUEST PASS TO BRING A FRIEND TO PLAY



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