



# Royal Life Saving - Aquatic Academy Seven Hills

## Aqua Program Timetable – Starting 9<sup>th</sup> September 2024

Learning to swim is an incredibly rewarding and enjoyable experience. Part of the learning process is practicing the skills taught in lessons to retain and then build on, getting better every time you are in the water. We recognise the need to practice and offer fantastic additional opportunities to access our water every day! Try one of these programs and see the improvements immediately!

### Aqua Laps: \*Program held in 25m pool

For our more experienced lap swimmers, come and increase your swimming fitness in a quiet pool centrally located on Best Road Seven Hills. The sessions are more than 1 hour in length so increase your swimming fitness skills today. Not for beginners.

Aqua Laps / Aqua Play	
LTS Members	Free
1 casual pass	\$4
10 visit pass	\$40

### Aqua Play:

All our Swim School members can enjoy this service Free of charge. Come and play in the water and increase aquatic confidence skills in a fun and inclusive environment. All students in Beginner levels and under the age of 6yrs must have an adult within arm's reach.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am							
9.30am	Aqua Laps	Aqua Laps	Aqua Laps	Aqua Laps	Aqua Laps		
10am							
10.30am							
11am							
11.30am							
12pm							
12.30pm						Aqua Laps	Aqua Laps
1pm							
1.30pm						Aqua Play	Aqua Play
2pm							
2.30pm							
3pm							
4pm							
4.30pm							
7.30pm		Aqua Laps		Aqua Laps			
8.30pm							



## Aqua Play Frequently Asked questions:

### Do I need to book in advance?




No booking is required. We do set a maximum capacity of 60 people in the water at one time. If 60 people are in the water, you may be required to wait until someone leaves to access the water.

### What do I have to do to access the pool?

We ask all members and visitors to follow these steps to access the pool:

1. Check-in at Reception
2. You will then be provided with a wrist band. Please install the wristband and leave it on for the duration of your stay.
3. Children under 6 years of age or non-swimmers will be provided with a Keep Watch yellow wristband to comply with the Keep Watch Policy.
4. All patrons must adhere to the Supervision Policy. Details of the Keep Watch Policy can be found at the bottom of this document.
5. Payment will be required prior to entry for all those not enrolled in our Learn to swim program.

### Keep Watch Policy:

	<b>0-5 YEAR OLDS &amp; NON-SWIMMERS:</b> Stay within arms' reach
	<b>6-10 YEAR OLDS &amp; WEAK SWIMMERS:</b> Be close, be prepared & maintain constant visual contact
	<b>11-14 YEAR OLDS:</b> Maintain visual contact

### What is Active Supervision?

Active supervision at public pools consists of four key elements:

**Be Prepared:** Ensure you have everything you need before getting into the water, such as towels and dry clothes.

**Be Close:** Always be within arms' reach of your child.

**All of Your Attention:** Focus all of your attention on your child and get into the pool and talk and play with them.

**All of the Time:** You should never leave your child alone in the water, nor should they be left in the care of an older child or with the assumption that your responsibility diminishes due to the presence of lifeguards.