



# Royal Life Saving - Aquatic Academy Denistone East

## Aqua Program Timetable Term 4 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:

For our more experienced lap swimmers, come and increase your swimming fitness in a quiet pool. 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	
1.00pm			Aqua Laps		Aqua Laps			
1:30pm							Aqua Play	Aqua Play
3.00pm								
3:30pm	Aqua Play	Aqua Play	Aqua Play	Aqua Play				
6:30pm								





### How to Book?

No booking is required, however our Maximum capacity is 60 pax. During Aqua Play times, please follow the below steps;

1. Come into the centre and check in at Reception
2. You will then be provided with a wrist band, which need to be worn at all times.
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 and a Parent is required in the water with the swimmer.
4. Any non-members will be asked to pay \$3.50.
5. Patrons must comply with Keep Watch Policy.

### 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.