



27th October 2023

## Swimming Program 2023

Dear Parents/Carers,

The 2023 Swim and Survive Program in which all of our students will be participating in at the Aquatic Academy Seven Hills will be taking place later this term. The Academy is a facility of the Royal Life Saving NSW branch. The first day of the program will be Monday November 27th (Week 8) and will run until Friday December 8th (Week 9) with the students attending the pool each day for a 45-minute lesson. Please note that payment for this program has been included in the 2023 School Resource Fee.

Grades	Program Participation
Kindergarten to Year 4	<ul style="list-style-type: none"><li>10 day Swim and Survive Program at Aquatic Academy</li></ul>
Year 5 and Year 6	<ul style="list-style-type: none"><li>8 day Swim and Survive Program at Aquatic Academy</li><li>1 day Surf Awareness - Theory Lesson at School (separate note)</li><li>1 day Surf Awareness - Practical Lesson at Manly Beach (separate note)</li></ul>

For any child who is not able to participate due to a medical reason, parents must send a letter explaining the reason with appropriate medical documentation to Ms Olimpia Pirovic, Principal, by Friday 3rd November for consideration.

This year we will be using a paper survey for registration. This will indicate your child/ren's swimming ability. When registering, please ensure you carefully register your child/ren for the correct level of swimmer that they **currently are**. This will allow the Aquatic Academy to group the students more accurately with students of similar swimming ability.

The swimming ability levels are listed in order from beginner to advanced to assist you in registering your child/ren. **It is essential you only register your child into the ability that they currently are. Do not overestimate your child's ability, as it is easier to move them up through the group levels than down.** Students will be progressed to higher levels over the 2 weeks if deemed appropriate by the qualified swim instructors.

Please complete the following page and return it to your child's class teacher before **Friday November 3rd**.

Katie Carswell  
Sport Coordinator



# Our Lady of Mt Carmel Primary



## **Swimming Program 2023 Permission Note**

I give permission for my child \_\_\_\_\_ in class \_\_\_\_\_ to attend the Swimming Program between the dates of 27th November 2023 to 8th December 2023 at Aquatic Academy Seven Hills and have completed the Swim and Survive survey registration form for my child.

I understand transport each day will be by bus, to and from Aquatic Academy on Best Road, Seven Hills.

Does your child have any allergies? YES / NO

\_\_\_\_\_  
(If so, please name allergy)

Is your child at present on any medication?

\_\_\_\_\_  
(If so, please name medication)

\_\_\_\_\_  
Parent/Carer Name

\_\_\_\_\_  
Parent/Carer Signature

\_\_\_\_\_  
Date

CULTURE | LEARNING | ENGAGEMENT

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### School Swimming Ability Survey

School Name			
Childs First Name		Childs Last Name	
Gender	Male / Female	Date of Birth (DD/MM/YYYY)	/ /
Year / class name			
Does your child swim at the Royal Life Saving Aquatic Academy – Seven Hills? If yes: what level are they enrolled in?			
Medical conditions: (Please list all medical conditions we should be aware of that may impact swimming)			

### Parent / Guardian Details / Emergency contact information

First Name		Last Name	
Phone (Mobile)			
Email			

### Swimming Ability

Is your child scared of the water?	No	Yes				
Can your child swim in deep water without help	No	Yes				
Freestyle	0-5 meters	5-10 meters	10-20 meters	20-50 meters	50 meters+	
Backstroke	0-5 meters	5-10 meters	10-20 meters	20-50 meters	50 meters+	
Breastroke	0-5 meters	5-10 meters	10-20 meters	20-50 meters	50 meters+	

