



# Yarrilee State School

*Proud to be an Independent Public School*

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Dear Parents/Caregivers,

Re: Swimming Program Years Prep, 1 and 2 Term 4

From weeks 1-9 in Term 4, all Junior School students will have the opportunity to take part in a Swimming Program 'Swim and survive' which will be conducted at the Elders Swim Centre, Hervey Bay. The lessons will occur every Friday starting week 1 and finishing in week 9 on the following days; Friday 12<sup>th</sup> 19<sup>th</sup> 26<sup>th</sup> Oct, 2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> 30<sup>th</sup> Nov and the 7<sup>th</sup> Dec. They will run for 30 mins a session and the students will need to board the bus 25 minutes prior to starting their lesson.

Swim and Survive is a comprehensive swimming and water safety initiative of Royal Life Saving that seeks to increase the swimming and water safety skills of all Australian children in order to prevent drowning and increase participation in safe aquatic activity. Learn to swim and swimming lessons are all terms commonly used across the aquatic industry for programs that seek to build swimming skills. Swim and Survive is all of these, but most importantly it ensures that the essential components of personal survival and water safety are provided, in addition to a process of developing strong and effective swimming technique.

Swim and Survive is delivered at the Elders Swim Centre by qualified swimming and water safety instructors. Skills and knowledge learnt in the Swim and Survive program provides a level of protection and aims to provide children with solid foundation skills in swimming, survival and basic rescue skills. Each program is structured into skill strands that ensure a balanced, comprehensive instructional approach to a child's aquatic education.

**Activities that our students will be learning at the pool during the upcoming block will include:**

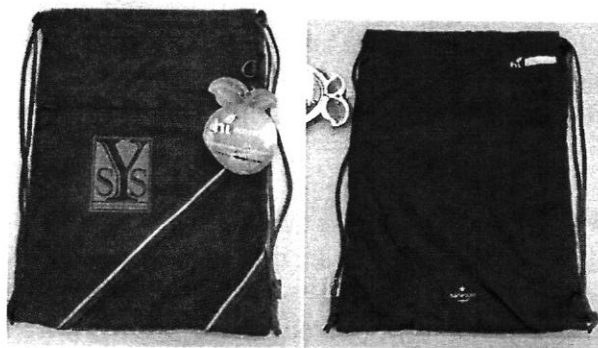
- Demonstrating entry methods
- Float positions and recovering to standing position from floating
- Horizontal arm sculling
- Survival Sculling
- Stroke development including freestyle, backstroke, breaststroke and survival sculling
- Using swimming aids such as kickboards.
- Diving
- Treading water
- Recovering objects from underwater
- Using pool aids to assist a person in trouble

**Swimming Timetable**

Lesson Time	Classes
10.30-11.00	JCCM & J1BC
11.00-11.30	JPJH & JPAB
11.30-12.00	J1SB & J1LS
12.00-12.30	J1SM & J2LP
12.30-1.00	JPSD & JPJR
1.00-1.30	JPLW & J2BB
1.30-2.00	J2JS & J2NG

Swimming is a component of the Health and Physical Education Program and it is expected that all students participate unless there are circumstances preventing this. The swimming component also forms part of the HPE assessment for all students. Students will be placed in a group according to their swimming ability and students will develop their stroke proficiency.

- All students should have a one-piece swimming costume, sun shirt, towel and swimming bag all clearly labelled. If students are sensitive to chlorine Elders recommends swimming goggles to be worn. Students will change into their swimming gear before they depart from school. They will remove their shoes at school and leave them under their desk. Students will need thongs or slip on footwear when travelling on the bus (this is a requirement of the bus company). Students who are not swimming will remain at school and take part in theory lessons for the swimming program.
- Yarrilee State School Uniform Shop stocks swimming bags for your convenience in sending your students to swimming lessons. These fantastic bags made out of recycled material are available for the special price of \$12.00 (Normally \$15) The Uniform shop is open on the following days at the following times, Tuesday 8.30 am to 9.30 am ;Thursday 2.30pm to 3.30 pm.



The Cost is \$41 which includes a swimming cap (compulsory), travel by bus and the lesson cost.

Payment must be made in **FULL by Friday the 21<sup>st</sup> September**

Please return this permission form and money to the blue mailbox in the office. Eftpos facilities are available.

Please note that no refunds will be given unless a medical certificate is provided.

Whilst at the Elders Swim Centre and whilst travelling on the bus, the Yarrilee State School code of conduct applies to all students. If any student displays negative behaviours during this time, normal school behaviour management policy responses will be enacted.

A handwritten signature in black ink, appearing to read 'SM', with a flourish at the end.

Sharon McMorrow  
Principal