

THE FITNESS EDGE
SWIM SCHOOL



**FITNESS EDGE SWIM SCHOOL
INFORMATION - 2025**



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Ryde-Eastwood Leagues Club
117 Ryedale Road West Ryde 2114

Welcome to the Fitness Edge Swim School

The Fitness Edge Swim School has been in operation since April 1998. We hope that you and your family have many happy years with us and gain a higher level of aquatic experience. If you have any enquiries, please do not hesitate to talk to our friendly staff. All staff at The Fitness Edge Swim School are Austswim qualified and have current CPR qualifications and hold valid working with children clearance. Babies and pre-school instructors are all qualified in Infant Aquatics.

CLUB SAFETY

All minors must be accompanied by an adult whilst in The Fitness Edge. While we appreciate children are exuberant, full of life and always eager to get where they are going, we ask you to try and ensure that they do not run while in the club. In particular, running up and down stairs or around corners as this has the potential to cause injury to themselves or other patrons. **Children cannot be in the pool or ramp unless they are in their swimming lesson.** Thank you for your help on this matter.

SWIM SCHOOL FEES

All Swim School fees must be paid upfront before the term starts. Payments can be made online through The Fitness Edge website; credit cards incur a 1% surcharge. If you do not make either of these payments it will be assumed that your swimmer is not returning to lessons in the following term and the position will be offered to a member on our wait list.

The Swim School has a NO Refund or credit policy.

Fees for the Fitness Edge Swim School are all GST inclusive and are as follows:

Babies	\$22 per lesson
Pre-schoolers	\$22 per lesson
Learn to Swim	\$22 per lesson
Dolphin/Marlin	\$24 per lesson
Squads	\$25 per session
2nd Squad Session	\$20 per 2nd session
Adults	\$27.50 per lesson

Special needs classes

\$24.00 per lesson 1:1 ratio for 15 min class limited spots and subject to pool space and instructor availability

5 Private Lessons \$285.00 Subject to pool space and instructor availability

Your Ryde-Eastwood Leagues Club membership must be current for registration into the Swim School. Locker bands can be purchased at Gym Reception for \$10.

All payments made via the Swim School office accrue membership reward points which can be redeemed towards Swim School fees at the end of each financial year.

All payments for the term must be finalised prior to the first lesson of the term. If payment is not finalised for the term the swimmer will not be able to swim.

Swim Nappies, Goggles and Caps are all Available from Gym reception. All children who are not toilet trained must wear appropriate swimming nappies. Disposable nappies are available at supermarkets. Reusable nappies are sold at Gym reception. Goggles are optional and your instructor will let you know when it is time for your swimmer to get them. Please note that for health reasons, we do not lend goggles out. We don't enforce the wearing of caps for our younger swimmers. We do recommend all of our swimmers from Stroke's level up wear them to assist with streamlining and increasing their feel of the water.

SWIM SCHOOL E-NEWSLETTERS

Each term we send you emails with information about the Swim School. If you do not receive these emails, please come to the office, and check your details.

CHILDREN'S SWIM PROGRESS

Instructors are monitoring your children during their lessons; admin staff will access them for the next level when they are confident and consistent with the class goals.

PARENT REPORT WEEK

Each term The Fitness Edge Swim School has a Parent Report Week. During this week all lessons finish 5 minutes early and we recommend you take the time to talk to your children's instructor and obtain invaluable feedback on their progress. The date for each term will be advertised in the Parent E Newsletter.

SHOWERING BEFORE LESSONS

To enable us to keep a high quality of water in the pool, we ask that you shower before entering the pool. It is important that we abide by this rule. There is an express shower located on the pool deck for this purpose.

SHOWERING AFTER LESSONS

Due to the high volume of members using the showering facilities, please monitor your child's showering time. As a rule, showering time should be no longer than 3 minutes. Your child should not be left unattended whilst in the shower or change room. If your child is in a change room you are unable to enter, ask staff for assistance. PLEASE NOTE THAT CHILDREN OVER THE AGE OF 8 MUST USE THE APPROPRIATE CHANGE ROOM.

FAMILY CHANGE ROOMS

The Club must ensure the appropriate Change Room is used for the comfort of all members. A parent that is in the pool for a Baby/Toddler class may shower with their child providing they are not changing in the public area but stay inside the shower cubicle. No adults permitted entry unless accompanying a child. Parents needing to change should use the appropriate change room. Family change rooms are for children up to 8 years of age, accompanied by an adult, male or female. No mobile phones should be used in the change facilities for the comfort of all members and their privacy.

POOL ACCESS RAMP

Please do not allow your child to play on the access ramp of the pool. This ramp is designed for elderly and handicapped patrons and is in frequent use and must be always kept clear.

SWIMMER ASSESSMENTS

Swimmers at the Fitness Edge Swim School are assessed by their instructors according to the goals of the level they are teaching. Once the instructor feels that a swimmer is reaching the goals to move to the next level, the swimmer will be assessed by our office staff. If successful you will be notified by the staff member and a suitable position will be found in the next level.

SWIM SCHOOL OFFICE HOURS

The Swim School office is open during the following hours:

Monday to Friday: 10am – 6pm (Except Tuesday: 1:30pm – 6pm)

Saturday: 8am – 1:15pm

**Hours differ in school holidays (The Fitness Edge Swim School operates within the public-school terms)*

Outside these hours, messages regarding any Swim School enquiry or make-up lesson can be left on our answering machine. These messages will be returned as soon as possible by staff on the next shift.

Phone: 02 9808 7617

Email: swimschoolinfo@releagues.com.au

We do hold lessons on pupil free days, but not on public holidays. During the school holidays we offer a week of intensive swim lessons. Should you wish your swimmer to attend, bookings are taken prior to the holidays and these lessons often result in a surge of aquatic progress.

THE SWIM SCHOOL TERMS FOR 2025 ARE AS FOLLOWS:

Term 1 – 2025 Monday 03 /02/25 to 12/04/2025

Term 2 – 2025 Monday 28/04/2025 to 05/07/2025

Term 3 – 2025 Monday 21/07/2025 to 27/09/2025

Term 4 – 2025 Monday 13/10/2025 to 20/12/2025

MAKE-UP LESSON POLICY

A reminder that make up lessons are only available if; 1) You have provided us with a minimum of 24 hours prior notice that you have a swimmer who cannot make their normal scheduled lesson and; 2) Full payment of fees must be paid to be eligible for your make up lessons. Make-up lessons are subject to availability and must be taken in the same term as the lesson was missed. Should you miss your scheduled make-up lesson you will forfeit the lesson. Booking made 1 week in advance only. You can do a maximum of 2 make ups per term. Credit will not be given for missed classes.

LEVELS OF THE SWIM SCHOOL

The Fitness Edge Swim School offers lessons for all levels and ages from 6 months to adults. Our levels are as follows:

BABIES

We offer classes for our bubs from 6 months of age up to the age of 3. These classes run from Monday and Friday at 11am to 11.30am Either a parent or carer needs to get in the water with their baby for the class.

- Class duration is 30 minutes
- Cost per lesson is \$22.00 payable by the term
- Class ratio is 1:8

We offer two levels of baby classes:

Water Babies - This class is for our younger babies aged from 6 to 18 months. Through songs and games, the emphasis is on educating both the baby and carer in all aspects of water safety and familiarisation in a fun and safe environment. **Currently not running these classes, you can join Aqua babies' class if spots available.**

Aqua Babies - These classes are for our babies aged between 18 and 36 months. Again, parents or carers share the fun. Water confidence and elementary swimming skills are put in place and the swimmer is prepared for the move to our preschool classes.

PRESCHOOL LEVELS

We offer classes for our pre-school children from 3 to 5 years. These classes run Monday to Friday 11-12.30pm and Saturday mornings from 8am to 12.30pm. Duration of the class is 30 minutes. Cost per lesson is \$22.00 payable by the term. Class ratio is 1:4

Penguins

These lessons introduce your pre-schooler to their first lesson without a parent or carer in the water. Whilst the emphasis is again on safety and survival skills, we start to develop their swimming with the aim to make them independent in an aquatic environment, swim over short distances and return safely to the side and exit unaided.

LEARN TO SWIM

These classes are for our school aged children and are a very popular part of our programme.

- These classes run Monday to Friday from 3.30 to 6pm and Saturday morning's from 8am to 12.30pm.
- Duration of the class is 30 minutes.
- Cost per lesson is \$22.00 payable by the term
- Class ratio 1:5

LEARN TO SWIM LEVELS

Salmon

The Salmon introduces our school age swimmer to the first level of swimming education. Water safety and basic swimming skills are developed, with the focus on front streamlines, under the supervision of our qualified instructors.

Stingray

With the foundation of swimming and safety skills now in place, our swimmers are introduced to basic freestyle, basic backstroke, back streamlines and diving. Kicking and arm coordination and back streamlines are the main focus in this level.

Swordfish

Now that the coordination is in place and our swimmers are becoming stronger, we fine tune bilateral breathing technique in freestyle. Backstroke coordination is developed and fine-tuned. Diving is advanced and basic tumble turn skills are introduced.

Sharks

- Duration is 30 minutes
- Ratio is 1:7
- Class works over 25 metres.
- The class builds our swimmers' stamina, refines their freestyle and backstroke and introduces breaststroke kick, the racing dive and tumble turns.
- Cost per lesson is \$22.00 payable by the term.

STROKE CORRECTION

All strokes are introduced, and endurance and good form are the focus in these levels.

Dolphins

- Duration is 45 minutes
- Ratio is 1:8
- Class works over 25 metres.
- Our swimmers gain advanced stroke correction and continue to build on their stamina at this level. They are introduced to butterfly, with the focus on the kick, and breaststroke is brought together with the focus on timing, pull-outs and turns. Elements of racing are refined e.g., starts and turns
- Cost per lesson is \$24.00 payable by the term

Marlin

- Duration is 1 hour
- Ratio is 1:8
- Class works over 25 metres.
- Butterfly is refined and continual stroke correction is given whilst building our swimmers' endurance. Individual Medley skills will be introduced Marlin children swim around 1.25km per session.
- Cost per lesson is \$24.00 Discounts apply for more than 1 session per week.

SQUADS

- Duration from 1 hour to 1.5 hours
- Cost \$25.00 per session. We offer 2nd sessions of squad for \$20.00

Squads are our senior level of the Swim School. We offer 3 levels of Squad to suit all types of squad swimmers. Swimmers will swim between 2kms and 4kms per session depending on the squad level. Swimmers must be capable of doing all four competitive strokes, turns and dives.

TEENAGE LEARN TO SWIM

You can learn to swim, with students your own age

Cost \$22.00 per lesson payable by the term

- Ratio 1:5
- Please contact swim school for availability.
- Due to limited times, we cannot offer make up lessons

ADULTS

You are never too old or too young to learn to swim. Swimming is a great low impact form of exercise with benefits for both your cardiovascular system and muscle toning. With a lot of our leisure time spent around water it is a skill that is essential to have and may one day save your life or that of someone else.

- Duration 45 minutes.
- Cost \$27.50 per lesson payable by the term
- Ratio 1:6
- Beginner classes are available. Please contact swim school for days and times.

Lesson times can vary due to demand.

SPECIAL NEEDS PROGRAMME

We offer classes for our swimmers with special needs ranging from one on one to mainstream classes depending on the swimmers' needs. The aim of our special needs programme is to integrate our swimmers into mainstream classes whilst maintaining our attention to their needs.

- Lesson duration is 15 to 30 minutes.
- Cost \$24.00 15mins or \$48.00 30 minutes.
- 30 minutes ratio 1:1
- Due to the nature of the lessons, we cannot offer make-up classes for the Special Needs Program or Teenage LTS

PRIVATE LESSONS

Block of 5 for \$285.00 (duration 30 minutes)

These lessons are subject to availability

- Private lessons receive 2 make ups per term. These are only available as part of a group class of equal level where available
- No credit is provided for unused make up classes in the term
- Must be cancelled at least 8 hours prior to lesson start
- Cancellation of multiple lessons (part or full term) during the term do not receive any additional credit or refund
- Make up for privates must be done by staff and not online

THE FITNESS EDGE

SWIM SCHOOL

CRECHE

The Fitness Edge offers a free crèche facility for all our eligible parents with small children from the ages of 3 months of age.

To be eligible to use these facilities you must:

- Have a current membership of Ryde-Eastwood Leagues Club.
- Be a current Swim School member.
- Be actively using our pool facilities when you have children booked into the crèche. That is participating in a class yourself (babies or adults learn to swim).
- Your children must be booked into the crèche the day before required.
- Please label all bags, drink bottles, lunch boxes and any other items your child may bring into the crèche.
- Provide any food, drinks and nappies that your child may require and if possible, feed your bub prior to attendance as staff may not be available to do this.
- Avoid bringing any nut products, lollies and dangerous toys.
- Upon arrival you must check in at gym reception to receive your daily crèche pass. This pass must be handed to crèche staff upon entry.
- If you are unable to attend, you must call gym reception so that your spot can be offered to another member.
- Please do not bring your children to the crèche if they are unwell. You must wait 24 hours for the symptoms to pass before returning

OPENING TIMES

Monday to Friday 8.45am to 1pm

Monday evenings 4.30pm to 7.30pm (3 months to 5 years)

Saturdays 8.30am to 12.30pm (3 months to 12 years)

For all creche bookings and enquiries please contact gym reception on 9808 7633