

SwimVAC: What to Expect on Your First Lesson

We understand that a child's first swimming lesson can be a little bit daunting. There are a number of reasons for this apprehension, include unfamiliarity with the venue, the teacher, and the overall structure of a swimming lesson. This anxiety is normal, especially if you or your child are new to swimming lessons or aquatic activities. Our Royal Life Saving SwimVAC program aims to make the first step in your child's journey towards swimming and water safety as smooth as possible.



Getting Ready

Preparation is key to a positive experience. In the days leading up to the lessons, help your child become comfortable with water by enjoying bath or shower time. Once classes begin, arrive on time and ensure your child is ready to participate from the start.

It's helpful to familiarize your child with their swim gear beforehand. Practice wearing a swimming cap and goggles in the bath or shower to make them feel more excited about the upcoming lesson.

Arriving at the Pool:

Arrive about 10-15 minutes early to avoid any last-minute stress. This will give you time to get settled and prepare for the lesson.

Getting Changed:

Head to the change rooms, and please ensure your child uses the toilet before the lesson starts to avoid interruptions. Once ready, wait near the swimming teacher for lesson transition.



When Lessons Commence:

Have your child's swimming cap and goggles ready, as putting them on can take time. Ensure your child stays with you until the teacher is ready to start the lesson. Although children may be excited, please keep them within arm's reach and ensure they don't run around the facility.

The swimming teacher's Duty of Care begins when your child starts the lesson and ends when it finishes. Parents should stay on-site and close by in case the teacher needs to contact you.

Swimming outside the designated lesson time may incur additional costs. Please check with pool management for details of your particular lesson.

During Your Lesson:

The teacher will use various methods to instruct your child, including explanations, demonstrations, and hands-on corrections.

Progression and Assessments:

If you have questions about your child's progress, speak to the teacher towards the end of the lesson. For more information, contact Swim and Survive.

At the end of the 5 or 10-day program, all SwimVAC students will be assessed and receive a certificate detailing their achievements in alignment with the National Swimming and Water Safety Framework.

When the Lesson Concludes:

Please collect your child on time to help maintain the class schedule. Teachers rely on a timely transition to keep the program running smoothly.

Discuss the positives of the lesson with your child, highlight how much fun they had, and talk about their favorite activities. Positive reinforcement can help alleviate any anxiety about future lessons.



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