

<p>Can my child wear goggles during their lesson?</p>	<p>Once a child is in level 2 they are allowed to wear goggles. The reason behind this is centred around safety. If the child always wears goggles in the pool, and happens to fall into the pool without them, most likely the child will panic and not be able to swim as they would with goggles on.</p>
<p>How many students in each class?</p>	<p>Three</p>
<p>Do I have to get in the water with my child during the lesson?</p>	<p>Yes, for all children until Level 1</p>
<p>What should my child bring to their lesson? Towel, swimsuit, flip flops/crocs/shoes for before/after the lessons, a change of clothes, and swim nappy (if they are not 100% toilet trained). There are changing rooms and showers for you to use before and after your lesson (located off of the pool deck down the ramp). Children learn best without wearing anything baggy such as board shorts or rash vests. A simple, close fitting one-piece bathing costume is best. Level 5 pre-squad kids are also asked to bring their fins.</p>	<p>Towel, swimsuit, thongs/crocs/shoes for before/after the lessons, a change of clothes, and swim nappy (if they are not 100% toilet trained). Level 5 pre-squad kids are also asked to bring their fins.</p>
<p>What should my child wear to swimming lessons?</p>	<p>Children learn best without wearing anything baggy such as board shorts or rash vests. A simple, close fitting one-piece bathing costume is best.</p>

<p>Why don't you use attached flotation aids like some other swim schools do?</p>	<p>We specialize in child water safety and deep water survival skills. We help babies, toddlers, beginners to confident kids learn how to become more fishlike and swim with the water, without floatation aids, rather than fight against it. We specifically teach kids how to correctly and efficiently return back to safety after accidental submersions. Your child does not always walk around near water with floaties on. We believe that children learn a false sense of security by using attached flotation aids.</p>
<p>Do you have swimming lessons every day?</p>	<p>Currently every day except for Thursday, with squads on Monday and Thursday evenings. Our learn to swim program (for kids aged 3 months +) is held at at Berendale School pool. Our SpeedSquad is open to kids aged 8 years to 12 years. We also have school holiday fast track programs.</p>
<p>What days are quieter than others?</p>	<p>Weekday classes are always quieter than weekend classes. Book into weekday classes whenever you can.</p>
<p>When am I billed for my child's swim lessons?</p>	<p>Current clients need to pay for term fees by the 2nd last week of the current term to hold their spot for the following term. Spots are then opened up to our wait list clients and new clients. Refunds are not provided. Please contact the swim school office if you have an issue with paying on time.</p>
<p>When should we arrive and leave each lesson?</p>	<p>Please arrive 5 minutes prior to your class.</p>

What age should my child start lessons?	We recommend your child starting swimming lessons at 3 months old. Our SafeBubs program is designed to give your baby a kick start at swimming and water safety. It will assist them in water familiarisation, create a positive experience around water and provide a parent/ child bonding experience.
Are the pools heated?	Our learn-to-swim pool is heated to 34°C
Can my child still swim if they are injured?	Similar to illness, swimming while injured always depends upon professional medical advice and parental judgement.
Will my child have the same swimming teacher each week?	Generally yes. While every effort is made to keep the same teacher for every class, we can't guarantee this.
How long is each swimming lesson?	Every learn-to-swim lesson, including SafeBubs and SafeTots, is 20 minutes
Can I sign up mid-term?	Yes, we encourage you to sign up any week during the term and classes can commence immediately depending upon vacancies. Contact us to reserve your spot.
What if my child isn't toilet trained?	If your child is not toilet trained, they are required to wear a disposable nappy with a reusable swim nappy over it.
Do your instructors have experience working with special needs children?	We have experience working with special needs children from Autism to Cerebral Palsy. If you have any specific inquiries, feel free to reach out and ask.
What certifications do your instructors have / what training do they undergo?	All our instructors undergo extensive Babies to Kids Swimming Lessons in-house training under our specially designed curriculum. In addition, all

	instructors are Austswim, CPR and Working with Children Check certified.
Who can I talk to about my child's progress?	<p>Who can I talk to about my child's progress?</p> <p>While we ask that you do not interrupt teachers during class, we are happy to discuss your child's progress over the phone or via email, outside of lesson time.</p>
What happens if my child takes a break from swimming lessons?	<p>The term "use it or lose it" especially applies to swimming. There aren't many activities that are so tactile and completely dependent upon a different environment. Learning and retaining water safety, survival and swimming skills takes consistent and professionally guided practice. A break from regular lessons can undo all the hard work and progression made to graduate swimming lessons.</p>
When should my child stop swimming lessons?	<p>When they are a safe and strong swimmer. We see swimming lessons, like road safety, as one of the few life skills that your child must master at a young age ... but swimming lessons should not go on forever -- there must be a point where your child can graduate. To be considered a strong and safe swimmer we believe that there are 12 vital milestones for your child to learn:</p> <ol style="list-style-type: none"> 1. Swordfish 2 m from push off wall 2. Deep water jump & correctly return to safety 3. Swim 5 m freestyle correctly 4. Survival scull deep water correctly 5. Swim 25 m backstroke correctly 6. Swim 25 m freestyle correctly 7. Tread deep water correctly ...

	<p>Your child at this point is recognized by Babies to Kids Swimming Lessons as having adequate swimming skills and ready to further refine these skills in the more challenging environment of our squad pool. There are then a further five milestones to achieve before your child is regarded a safe and strong swimmer. Please visit our “Graduate” page at babiestokids.com.au to learn about these remaining milestones and please remember that all children must be closely and actively supervised by a competent adult, regardless of swimming ability.</p>
<p>Can my child attend more than one lesson per week?</p>	<p>Can my child attend more than one lesson per week? Yes, we recommend a 2nd or even 3rd lesson per week to help accelerate learning. Results are especially noticed when kids have two or three lessons in as many days. The reason is that they become more familiar and fishlike with the water. Ask the swim school office for available vacancies and discounts for extra lessons.</p>
<p>Does my child have to wear a swimming cap?</p>	<p>Up until level three, your child doesn't have to wear a cap, however after level three it is highly recommended that they do.</p>
<p>Why hasn't my child moved up yet?</p>	<p>We don't move children up a level based on timeframes. We move them up based on skill. It is essential to master the foundations of swimming before moving on to more refined skills. Moving your child up a level when they do not yet have enough skills will ultimately impair their swimming.</p>

Why should we keep continuing classes in Winter?	Becoming a strong, safe swimmer can be a life-saving skill. However, like many worthwhile skills, swimming takes practice. Consistent swimming throughout the year will ensure the skills your child has built over the summer are further improved, not lost.
Do you offer free trials?	Yes, we offer one free trial to new clients. Please contact us to arrange a day that suits you.
Should I stay at the pool during my child's lesson to supervise?	One guardian per family is required to supervise children. This is in case of emergency.
How often is the water tested?	At least once per four hours
Do you offer lessons during the school holidays?	Yes. You may enrol as usual during the holidays or enrol your child in the school holiday program. In this program, kids can swim every day of the week. We find this intense, short period of lessons really helps children pick up skills they previously struggled with and cement their already learned skills.
What is the cost of lessons? Do you offer any discounts?	\$22.50/child/lesson term-based. Yes, a 50% discount is offered for the 3 rd child in the family
Why do you teach straight-arm freestyle?	It is important to learn the foundations of a stroke before learning the refinements. In freestyle, learning with straight arms ensures the child learns from the beginning to have a long stroke. Teaching bent-arm freestyle encourages a shorter stroke-length, which is inefficient in the water.
Why do you teach each stroke separately?	We teach the strokes in a progression, allowing your child to efficiently swim in one stroke before moving onto another,

	<p>more complicated stroke. Learning one stroke at a time allows intensive focus on one skill, before moving onto the next.</p>
<p>What is Berendale School policy for pool use?</p>	<p>Please note that we are only permitted to use the car park, entry, pool and change room facilities. No other part of the school grounds is available for use by swim school clients. No eating/drinking is allowed inside the pool facility. All nappies (even clean ones) are to be taken off school grounds. They cannot be left in the school bins.</p>
<p>How often is your pool water tested?</p>	<p>Berendale School tests the pool 3 times per day and correct chlorine, PH levels, etc are maintained to Victorian Department of Health & Human Services standards. The pool is run/tested via an ORP sensor. The water sanitation system is liquid chlorine (sodium chloride) If you wish to speak directly with the pool maintenance Ben Boswell regarding specific details he is more than happy to take your call. His company is called Deep Blue Pool Care, Tel: 0403 480 365.</p>
<p>How often are the pool surrounds and change rooms cleaned?</p>	<p>General cleaning takes place every day. According to Berendale's cleaning schedule, their cleaners extra clean and sanitise Friday afternoon and again on Monday. The onus is on the pool users to clean and sanitise over the weekend. As part of our COVIDSafe Plan, cleaning takes place before and after our all our sessions. Our official COVIDSafe Plan can be viewed for your reference and is located directly underneath these FAQs on the website footer. This is the detailed plan provided to Berendale School for assessment and approval by infection control and</p>

	safety management prior to being able to use the pool.
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