

Enrolment

- Call the Ruyton Aquatic Centre on (03) 8651 4446 or (03) 9819 2422
(Parent and child/beginner Pre-School students can be enrolled over the phone)
- Book an Assessment
Assessments are required for advanced Pre-School, School-Aged and all Fast-Track students. This helps to ensure that your child is placed in a class at the correct level.
Assessments are available on Monday, Wednesday and Friday afternoons.
- Member Forms/Tuition Fees
Member forms must be returned and Tuition Fees paid in full before commencement of lessons.
- All children involved with the Ruyton Aquatic Swim School are required to wear swimming caps. Swim School caps are available for purchase from the Aquatic Centre office.
- Water Temperature in the Learners' Pools is maintained at 32°C or above.
- Water Temperature in the Main pool is maintained at 28°C or above.

To obtain information about tuition costs and term dates, please contact the Ruyton Aquatic Centre on (03) 8651 4446.



Welcome to the Ruyton Aquatic Centre.

Officially opened in June 2008, by swimming icon Nicole Livingstone OAM, the Centre features a 25m heated indoor swimming pool and purpose-built heated learning pool. A strength and fitness room overlooks the pools from a mezzanine level.



Inside Ruyton

Ruyton Girls' School www.ruyton.vic.edu.au

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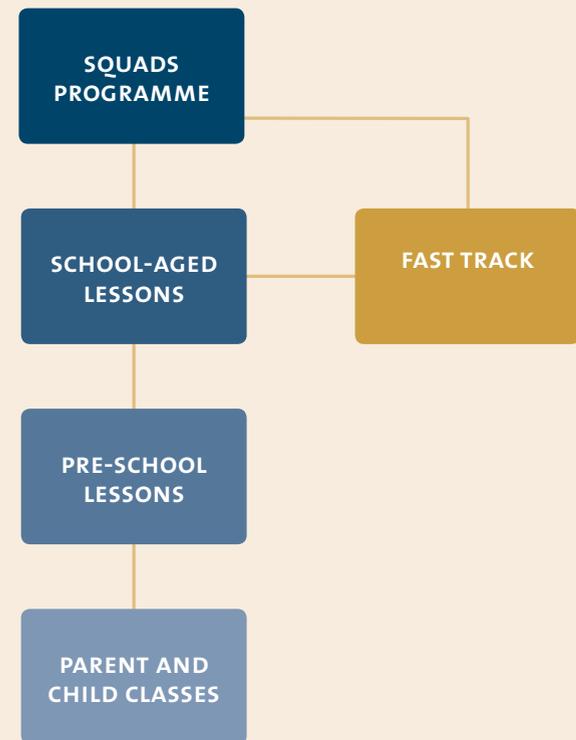


RUYTON AQUATIC
CENTRE

Programmes

Programmes at the Centre cater for varying age groups and abilities, from Parent and Child classes through to the Squad programme. Helping children to become safe around water and assisting them to reach a higher level of swimming performance at a much earlier age are just some of the goals underpinning the programmes at Ruyton.

The Ruyton Aquatic Swim School is registered with Swim Australia.



Parent and Child Classes

Parent and Child Classes offer a relaxed opportunity for parents to help their children experience the aquatic environment in a supportive and encouraging setting. Classes are offered to children from the age of nine months to three years of age and are a fantastic social opportunity.

The emphasis is on allowing children to become familiar with water by gaining positive aquatic experiences. Led by an instructor, parents are empowered to help their own children develop respect for the water and understand the rules of the aquatic environment.

Classes are 30 minutes in length, running on weekdays and Saturday mornings. All children under the age of two are required to wear swimmer nappies underneath their bathers.

Pre-School Learners

Pre-School classes are offered each weekday morning during school terms for children from three years of age. Classes run for 30 minutes and have a maximum of four students per class. Pre-School classes utilise the Aquatic Centre's purpose-built learners' pool in a relaxed and enjoyable environment. The water temperature is maintained at 32°C throughout the year.

Key focus is placed on helping the children develop water safety and personal survival skills at an early age, together with fundamental swimming skills. Children are encouraged to experience deep water and to challenge themselves throughout a range of activities.

School-Aged Lessons

The School-Aged Learn-to-Swim programme follows a syllabus customised to Ruyton Aquatic Swim School. Lessons focus on developing water safety skills, giving students a solid grounding in fundamental water-skills, and building good stroke technique as they progress. School-Aged lessons currently run on week nights after school and Saturday mornings.

The Ruyton Aquatic Swim School syllabus ensures that all main swimming strokes are covered, starting from an early age. Water safety and personal survival skills are a major focus at every level of the Programme. Teaching staff encourage classes to be active and involved.

Classes run for 30 minutes. The Ruyton Aquatic Swim School places importance on its teacher to student ratio in relation to developmental levels. Ratios therefore begin at one to four, increasing as skill levels develop.

Fast-Track Swimming – Accelerated Learning

Fast Track and Competition Squads

Ruyton Aquatic Swim School hosts additional streams of swimming education and development which cater for swimmers just out of the Learn to Swim programme. These squads present students with an exciting and challenging approach to their swimming. They seek to teach students a high level of stroke technique in all competitive strokes, as well as to develop their race skills and increase their fitness level.

The Fast Track squad is offered six sessions a week and it is recommended that swimmers attend at least two sessions per week.

Competition Squad aims to re-enforce and further develop the skills swimmers have gained in the Fast Track squad. This squad is offered seven sessions a week and it is recommended that swimmers attend at least three per week.

Ruyton Aquatic Club

All Fast Track and Competition squad swimmers have the option to join Ruyton Aquatic Club. This gives swimmers who have a strong desire to race additional opportunities and guidance to achieve their personal best in an enjoyable environment.

