

CBS Aquatics Programme

Organisation

Students in Years 0-4 are taught in our school pool in small groups by swim instructors from Skills4Life. Years 5-6 will travel to the Millennium Institute of Sport as a class and will be divided into ability groups and instructed by professional swim coaches.

In addition students will participate in a water safety session that will provide them with the skills and experience to be safe on the water.

Cost

A fee will be charged according to year level, to cover the cost of employing the trained swim coaches. No refunds will be given for students unable to participate in all classes once classes have commenced. It is not compulsory for students to participate, but it is highly recommended.

Year	Location	Content
1 to 3	School pool Skills4Life	8 practical sessions and 1 water safety session in school pool
4	School pool Skills4Life	8 practical sessions and 1 water safety session at the Millennium
5 & 6	Millennium	8 practical sessions and 2 water safety sessions

Outcome

Students will be able to appreciate their own capabilities in water, develop the foundation skills for all water based activities and demonstrate personal aquatic safety skills.