

Oxley Swim School



0424 680 067



Oxley Swim School



oxleyswimschool@gmail.com

About Us

Oxley Swim School is a small, school-based swim school, based at Oxley State School, operating in Terms 4 and 1 of every school year.

We conduct Learn to Swim classes, Squad training programs and sessions, and Adult aquatic activities (adult squad SwimFit, Aqua Aerobics and Lap Swimming).

Our classes in Terms 4 and 1 are conducted Monday to Thursday afternoons after school, Saturday mornings and some weekday mornings.

General hours of operation are 3.15pm- 7.15pm weekdays, and 7am-11.30am Saturdays.

Our swim school caters to all levels of swimmers from ages four and up. Our teachers and coaches are integral to our success and work within a philosophy of support, respect and inclusivity, and aim to provide a relaxed learning environment.

Our pool is outdoor and solar heated.

Oxley Swim School - Contact Details



0424 680 067 (not accessed every day)












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Swimming Levels Guide

CLASS NAME	DESCRIPTION	WHAT WE LOOK LIKE
Timid Squidette (1A) 15 minutes	New lessons, unsure in the water, 1-on-1 w/-teacher	
Squids (1A) 15 minutes	New lessons, confident in water; water safety; floating	
Jellyfish (1B) 30 minutes	Introducing freestyle & backstroke; building confidence	
Starfish (2A) 30 minutes	Continuing freestyle & backstroke; introducing bilateral breathing, butterfly & breast kick	
Frogs (2B) 30 minutes	Continuing the 4 strokes - improving techniques, connecting stroke & kick; introducing standing diving	
Dolphins (3) 30 minutes	Improving the 4 strokes; tweaking technique; introduction to 25mtr drills	
Mini Squad 45-60 minutes	Developing skills, techniques & endurance; 25mtr drills; the 1st step into Squad training; building endurance	
Junior Squad 1 hour	Further development of techniques and the athlete mindset; fine tuning and improving speed/endurance, fitness; introducing mind/body connections; 50mtr drills	
Senior Squad 1 hour	Holistic improvement of all swim techniques, endurance, strength, fitness	

Learn to Swim Competencies

Level 1 to Stroke Correction

Swimming lessons are conducted at the school pool by qualified teachers after school, Monday to Thursday between 3:15PM and 7:15PM and Saturday mornings between 7:00AM and 11:30AM.

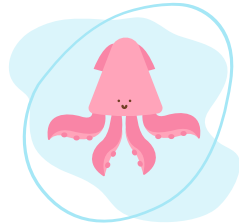
TEACHERS TO USE KICK, DRILL, SWIM STRATEGIES FOR STROKE DEVELOPMENT.

Level 1A Squids (Beginners)

Lesson length: 15 minutes 1-on-1

This level is for those swimmers who are developing their confidence in the water. Our goal in this level is to teach the children the following basic swim strategies through play-based learning:

- Safe entry into and exit from the pool
- Submersion of face into water blowing long, soft bubbles for 15-30 seconds
- Kick on tummy with board demonstrating a good strong flutter kick with pointy toes
- Falling in and swimming back to the wall unassisted (Humpty Dumpty)
- Kick on back with board with strong backstroke kick, pointed toes
- Back float unassisted
- Jump into the water swim to safety NO goggles



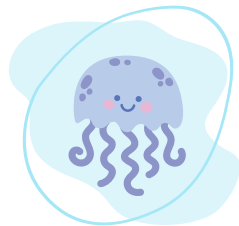
Level 1B Jellyfish

Lesson length: 30 minutes (max. 3 x swimmers)

This class level is aimed to introduce and develop freestyle and backstroke swimming while continuing water safety skills. Water confidence and knowledge building continues. Breath control & submersion development continues. Swimmers in this level demonstrate confidence in the water.

The competencies to complete this level are:

- Streamline propulsion practice with kick (3m) and no kick (rockets)
- Flotation on back and front, developing a roll over to swim to the wall unassisted
- Beginner freestyle & backstroke (5m). Head position, breathing to the side, strong flutter kick and stroke concepts strongly developing
- Kicking on back, hands by side (approx. 3m). Strong backstroke streamline developing
- Jump/dive & return to wall independently with goggles and no goggles



Level 2A Starfish

Lesson length: 30 minutes

This class level aims to continue the development of strong streamline freestyle and backstroke as well as to introduce breaststroke, importantly developing muscle memory.



They will be learning to lift their arms high, and to turn their head to the side to breathe, ie. bilateral breathing. They are also learning important swimming lane etiquette such as how to circle the lane properly.

To progress to the next level they need:

- Strong rockets from wall both front and back
- Developing freestyle showing bilateral breathing over 5m.
- Streamline freestyle and backstroke swim with correct start and swim technique off the wall (7m/10m)
- Introducing correct diving techniques, sitting wall dives to one knee up, one down dive to standing dive
- Introducing breaststroke with kick on the board to progressing to full stroke

Level 2B Frogs

Lesson length: 30 minutes

This class level aims to have student doing a strong breaststroke swim and to introduce butterfly stroke. Continue to develop muscle memory for all swim stroke.



To progress to the next level they need:

- Confident or developing dives
- Freestyle with bilateral breathing and strong streamline position. over 10m
- Streamline rocket (back and front) kick off wall with correct start over 7m
- Backstroke swim with correct technique and streamline position over 10m
- Breaststroke strong in swim and timing correct.
- Introducing butterfly kick on the board with the aim to have a strong kick with hands down by side.
- Introducing butterfly arms with correct technique

Level 3 Dolphins

Lesson length: 30 minutes

This class aims to have the swimmer executing all 4 strokes confidently and introducing them to basic squad skills.



To progress to the next level they need:

- Streamline rocket push off into freestyle for 15m
- Backstroke swim for minimum 25m
- Correct dive + streamline + freestyle for minimum 25m
- Breaststroke (pull, kick, glide) for 25m unaided
- Tumble turns introduced
- Sculling or dolphin wiggles with board for 25m
- Dolphin kick with hands down by sides for 15/25m
- Butterfly swim with solid concept of stroke clearly demonstrated
- Able to dive to the bottom and retrieve toy unaided

Mini Squad

Lesson length: 45-60 minutes

This level aims at developing skills and techniques for swimmers to swim well in order to move up to mini squad level. Swimming sessions are 45-60 minutes long, which helps swimmers to increase their fitness and endurance.



To progress to the next level they need:

- Swim 50-100m freestyle with correct technique, tumble turn and finish
- Swim 50-100m backstroke and breaststroke without stopping, with correct start stroke, timing and finish
- Swim 25-50m butterfly with correct kick and glide
- Streamline rocket push off wall both front and back - keeping core tight and good strong streamline position
- Correct dive from block or side of pool
- Swim 150m freestyle, breaststroke and backstroke - with limited stopping, showing strong streamline position for body and head with correct breathing technique
- Working on backstroke turns - eg, know number of arms from flags, starts and finishes

Please note, swimmers can only move from the Mini Squad level if the coach is happy with the standard demonstrated for the above-noted skills and is ready to accept them in the squad group.

Junior Squad

Lesson length: 1 hour

Junior squad training aims to develop endurance and strength, both physical and mental, along with tweaking technique and stroke correction, and then speed. In this squad, swimmers learn swim etiquette, endurance skills, and other skills to be utilised on dry land too, including time management, self motivation and responsibility.



Senior Squad

Lesson length: 1 hour

Senior squad is an extension of the skills learned and utilised in Junior Squad. Swimmers aim to become stronger, faster and fitter using both swimming and dry land drills.

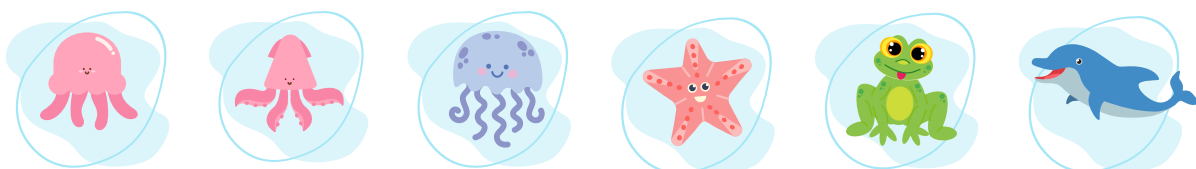


Class Prices

Learn to Swim Lessons

(Paid per term, by invoice due end Week 2)

1. One (1) lesson per week - \$18.00 per lesson, per child.
2. Two (2) lessons per week - \$18.00 per lesson, per child (1st class);
\$14.00 per lesson, per child (2nd class).
3. Three (3) lessons per week - \$18.00 per lesson, per child (1st class);
\$14.00 per lesson, per child (2nd class); \$12.00 per lesson, per child (3rd class).
4. Private lessons, 30 minutes, 1-on-1 lesson - \$50.00 per lesson.



Squad - Mini, Junior, Senior

(Paid per term, by invoice due end Week 2)

1. One (1) squad per week - \$18.00 per squad, per swimmer
2. More than one squad per week - \$32 per week, per swimmer



Adult Programs

(Pay-as-you-go casually)

- SwimFit = \$6.60 (incl. GST) per session
- Aqua Aerobics = \$6.60 (incl. GST) per session
- Lap Swimming = \$4.40 (incl. GST) per session

Our Staff

Chrissy

Swim School Manager & Aqua Instructor
(Official title: Swim School and Aquatics Co-Ordinator)

Chrissy joined the swim teaching team in 2018. She's has been swimming since she was a young child, and continues to swim regularly both with our squads and at the gym.

Chrissy

originally trained as a Learn to Swim Teacher so that she could be more involved with her daughter Maribel's ongoing swim development, and liked the club and swim school so much

decided to join the team! She believes in the importance of children knowing how to swim, and gains immense joy in seeing our swimmers' progress in their swim journey.

Chrissy is now managing our swim school, and continues to teach our Aqua Aerobics classes. She's around the pool a lot during the season. When she's not at the pool, Chrissy is actively involved in the fitness industry as a Personal

Trainer, Aqua Instructor, Group Fitness Instructor and Pilates Instructor, and VET teacher to local high school students. She is also a Yoga teacher (to both adults and children), makes

and sells her own range of bliss balls ("ChiQi Balls" – yum, they are delicious!) She's also an actively involved mum, wife and friend.

In her "down time", Chrissy loves to swim, walk, run and read. Her weekends consist of spending time with her family and friends, housework and sleeping (...and the occasional margarita to help with the housework).

If you haven't met Chrissy yet, please make sure you say hi – she's the one with the brightly coloured glasses so you can't miss her!

Boli

Learn to Swim Teacher, Deck Assistant and COVID Safety Guru

Boli has a varied (and vital) role with our swim school – she teaches learn to swim, conducts our adult SwimFit squads, assists on pool deck, and moonlights as our Covid officer. She

has many years' experience as a Learn to Swim Teacher and Swim Coach. There's not much Boli doesn't know about swimming.

With a passion for children's education, she has been an Early Childhood Educator for over 25 years, so she is fantastic with kids!



Boli is also an artist, and when she's not working, she's often creating beautiful art pieces, jewellery, and paintings. She brings light and happiness into the world through her artistic endeavors. She's an Oxley local and busy mum to three. When she's not doing all of the above, Boli creates beautiful gifting baskets and gin kits - all using her artistic and creative energy.

With a large and wonderful heart, a great sense of humour and a unique energy, Boli is a treasured member of our team.

Matt

Coach and Learn to Swim Teacher

Matt joined our swim teaching team in 2020. He's been teaching swim for approximately six years. This year he moved into the role of Coach - and the kids love him! Our squaddies can relate to him and vice versa.

Matt is an Exercise Scientist, and works as a rehab personal trainer and swim coach at one of the local fitness centres, and he joins us in summer with the goal of sharing his knowledge and love of swimming and fitness. He's also a VET teacher in a number of our nearby high schools.

When Matt isn't at the pool or the gym, he's been known to play a mean video game, and enjoys live music gigs.

What a great team!

We love our swim teaching team!

Chrissy thinks inside the square (she loves straight lines, organisation and structure), Matt thinks outside the square (like a starburst with lots of different possibilities) and Boli thinks like an infinity symbol (everything is related and goes smoothly with the flow).

Between the three of them there's nothing we can't handle, and they compliment each wonderfully.

