



SUNSHINE COAST
GRAMMAR SCHOOL

GRAMMAR AQUATIC CENTRE



SUNSHINE COAST
GRAMMAR
Swimming



SUNSHINE COAST
GRAMMAR
Swim School



THE JOURNEY OF SWIMMING

At the Sunshine Coast Grammar Aquatic Centre we will travel the journey of swimming, from the entry level of babies right through to squad.

Each level is designed to give a skill set that will provide our students, a gift for life.

We are blessed to be surrounded on the coast by beautiful beaches, lakes and rivers. Many of us have backyard pools that are a major part of our entertainment, making it essential for children to develop confidence and water safety skills.

It is our passion to involve as many children to become aware of water and for them to develop confidence and comfort within this Aquatic environment.

Dive in and start your child's swimming journey today.



LUKE STAFFORD

MANAGER AND HEAD COACH

"I am humbled by this opportunity to become a part of the Sunshine Coast community and can't wait to share my knowledge and passion for swimming at the amazing new Sunshine Coast Grammar Aquatic Centre".

Before his appointment at Sunshine Coast Grammar School, Luke spent 5 years at St Rita's College in Brisbane in a similar role. At St Rita's Luke formed the Acqua Rosa Clayfield Swimming Club, taking it from a Division 3 Brisbane club to Division 1 in just three years. Under Luke's guidance, the St Rita's College Swim Team has also seen extensive improvement in its CaSSSA Cup results placing third each year between 2013-2016 and second in 2017.

Prior to his tenure at St Rita's, Luke spent 5 years coaching at Somerville House where he was the Head Coach of the Andrew's Cup team and the River City Masters Swimming Club, which boasted numerous state and national medallists and record holders.

Luke also spent seven years at the Queensland Academy of Sport as an Athlete Career and Education Advisor, helping Queensland's

Olympic athletes prepare for life after sport.

At club level Luke has coached swimmers that have competed at regional, state, national age, national open levels, and was a coach on the Queensland team that travelled to Singapore and Japan for the FINA World Cup events in 2016.

Over the past ten years, Luke has been involved as a Coach or Manager on numerous Brisbane and Queensland swim teams. An elite swimmer himself, making finals at national and world cup events and winning numerous state titles in Queensland and South Australia the swimming arena has always been Luke's passion.

Luke is a Silver Licenced Swimming Coach and has a Graduate Certificate in Career Counselling for Elite Athletes from Victoria University.



JOIN NOW

Club Night competition
Weekend Club competition
Regional level competition
State and National level competition
Swimming development pathways
Positive environment

SUNSHINE COAST GRAMMAR SWIMMING (CLUB)

About the Club

As a new club it has been rewarding to see our members flourish and grow, with many competing at club, regional, state and national level.

Sunshine Coast Grammar Swimming is an affiliated club of Swimming Queensland.

Joining the club allows members the benefits of being able to participate in friendly club night competition, the ability to compete at weekend competitions and access to swimming development pathways provided by Wide Bay Swimming, Swimming Queensland and Swimming Australia.

HOW TO JOIN

Simply go to www.qld.swimming.org.au and click on the "JOIN NOW" button at the bottom of the page. You can join on-line provided you are a new member who has not yet been registered with any other club.

Simply choose the Wide Bay region from the drop-down menu followed by Sunshine Coast Grammar Swimming and follow the prompts.

If you have previously been part of another club, simply contact the Club Registrar with your swimming membership number.

If you have any questions about how to join, please call 5477 4499 or email aquatics@scgs.qld.edu.au.



CLUB NIGHT

What is Club Night?

Grammar Swimming - Club Night is held every second Friday night, with registration at 5pm for racing to commence at 5:30pm.

Club night allows swimmers to participate in a competitive, yet friendly environment, and provides an opportunity to practice their skills under race conditions.

Swimmers are organised into races based on their ability. Before progressing to longer distances, swimmers must be able to swim their current distance under a specific time.

On club night assistance is needed with timekeeping and other official duties. All help is greatly appreciated and it allows you, as parents, to become involved in your child's sport.

CLUB NIGHT INCLUDES:

*Race simulated environment • BBQ dinner
Point score for swimmers • Club records
Championship events • Access to swim meets
End of year trophy presentation*

CLUB CHAMPIONSHIP EVENTS

All swimmers who take part in club championship events, will earn points towards championship trophies at the end of the season. You must be a member in order to participate in championship events. Non-championship events are also held on the night.

Swimmers compete in their age groups based on their age on the day.

Championships are swum in all four strokes (Butterfly, backstroke, breaststroke and freestyle) and include a distance and individual championship event night.

Age groups start at 6 & under and go through to 17/18 years and Open events.

Make a splash



LEARN TO SWIM

The Grammar Swim School provides swimming lessons for all ages at our state-of-the-art swimming centre at Forest Glen on the Sunshine Coast.

With small group sizes and expert swim instructors, you can commence your swimming lessons at any time during the year if there is a place available in your class level.

From 3 months old to primary age children, through to squad and adult stroke correction classes, there's something for everyone to help you become a better swimmer.

LEVELS

All Levels are named after our beautiful wild life found in our lakes here at Grammar.



Yabbies - babies



Ducklings - water safety



Ducks - water safety



Eels - streamlining



Turtles - arms



Frogs - breathing



Platypus - deeper water



Bass - additional strokes



Water Dragons - technique



Magpie Geese - turns and starts

LESSONS TIMES AND AVAILABILITY

There will be different times available for all classes, from Monday through to Saturday. Classes have different running times and teacher/student ratio, depending on level and ability.

LEVEL	STUDENTS	DURATION
Baby Bubbles (3 to 6 months)	30 mums and babies	30 minutes
Yabbies (Babies)	8 plus parents	30 minutes
Ducklings (Toddlers)	8 plus parents	30 minutes
Ducks	4	30 minutes
Eels	4	30 minutes
Turtles	4	30 minutes
Frogs	4	30 minutes
Platypus	8	40 minutes
Bass	8	40 minutes
Water Dragons	10	50 minutes
Magpie Geese	15	1 hour

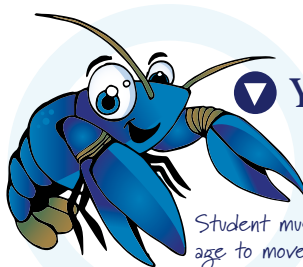


Baby bubbles

Baby Bubbles is designed as a gentle introductory water experience for children aged 3 to 6 months.

Combining fun with water experiences for babies and safety tips and water education for parents, all in an inviting 32 degrees pool.

We can accommodate up to 30 mums and babies per one instructor as it is a more loosely structured class for approximately 30 minutes.



YABBIES

Student must be 2 years of age to move to the next level.

To move to the next level a student must achieve the following before moving up:

Safe entry: Enter and exit the water safely with parents. Explore assisted exits and entries with parent and LTS instructor.

Breathing: Students must be able to blow bubbles and initiate own submersion of face.

Flotation: Students need to be comfortable floating on back with parental assistance.

Going under the water: Students must demonstrate non assisted submersion over a short distance.

Movement: Explore movement through the water using propulsion with and without assistance.

Confidence: Students are working towards confidence and cognitive ability to be without a parent in the water but with a LTS instructor.



▼ DUCKLINGS

Student must be 3 years of age to move to the next level.

Children must display the following and meet the requirements to move to the next level:

Getting wet: student with parental support must do a jump in turn around and get back to the wall and climb out.

Breathing: Student must be able to blow bubbles, with face fully submerged.

Safe entry: Enter and exit the water safely with a parent. Attempt to climb out with little assistance from a parent. Display a safety slide entry.

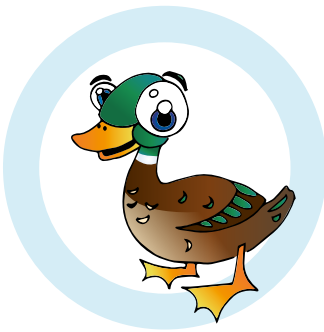
Going under the water: Initiate own submersion for a short distance.

Keeping balance: Rotate body in a vertical Position whilst holding a flotation aid and with assistance.

Kicking and arm action: Display kicking and some arm action with assistance.

Confidence: Student must show enough confidence and cognitive ability to be without a parent in the water, but with a LTS instructor.

Flotation: Student should be able to do an assisted back float with parent.



▶ DUCKS

To move to the next level a student must achieve the following before moving up:

Entry and exit: Slide -in entry using the edge.

Floating: Moving from back to a front float and to a back float.

Breathing: Blowing bubbles in the water with face fully submerged, breathe, repeat sequence at least 3 times.

Movement: Swim 3m using underwater reach and arm pull.

Float on back with the start of kicking legs for 3m.

Standing using sculling motion, feeling the water.

Underwater skills: Submerge and swim through an obstacle.

Ability related for this level and the next 5 levels.



▲ EELS

Streamlining

To move to the next level a student must achieve the following before moving up:

Entry and exit: Enter the water in a safe manner through safety slides or ladders provided.

Floating: being able to float front and back to secure position.

Breathing: Being able to blow, bubbles with a face submerged then back up or to the side.

Swimming technique: Front torpedo 3m streamlining with kicks at least 3 consecutive times.

Back kick for 3m using a kickboard (Streamline).

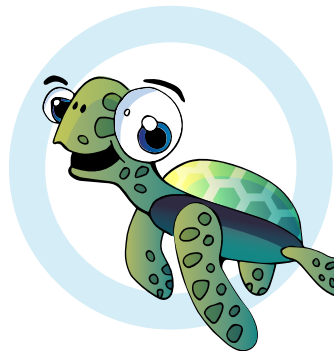
Swim underwater arm action for 3m, with very little body roll.

Scull, float and tread water for 2mins

Underwater skills: Be able to submerge in waste deep water open eyes and blow bubbles and retrieve a toy.

Diving: Demonstrate lock hands, lock head and steer up position.

Flotation: Student should be able to do an assisted back float with parent.



▼ TURTLES

Arms introduced.

To move to the next level a student must achieve the following before moving up:

Entry and exit: Slide-in entry using the edge.

Floating: Front and back float in deep water.

Swimming techniques: Be able to swim over arm freestyle for 10m.

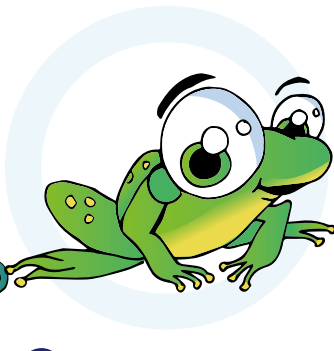
Be able to swim 10m backstroke.

Demonstrate breaststroke kick on the side of the pool.

Demonstrate 5m of survival backstroke.

Scull, float and tread water for 3mins.

Underwater skills: Submerge and recover an object from water of chest depth.



▶ FROGS

To move to the next level a student must achieve the following before moving up:

Entry and exit: Step and entry.

Swimming techniques: Swim 25m freestyle with bilateral breathing.

Swim 25m Backstroke with correct arm rotation and arm movement.

Swim 15m survival backstroke.

Demonstrate 10m breaststroke kick.

The ability to start breaststroke arms with kick for 10m (timing is not essential)

Underwater skills: Surface dive, swim underwater recover an object from water from chest depth.

Diving: Kneeling dive.

Extra skills: Demonstrate dolphin kick for 5m.



▲ PLATYPUS

To move to the next level a student must achieve the following before moving up:

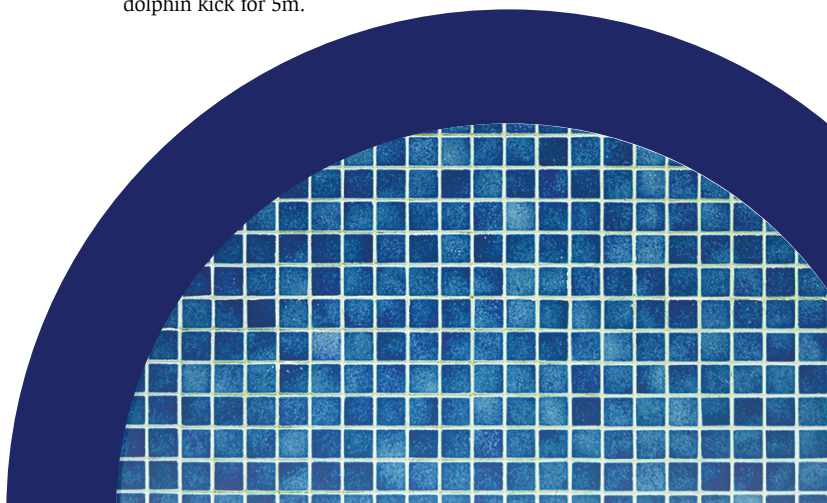
Entries and exit: Compact Jump from deep water in the 50m pool.

Swimming technique: Swim 50m of correct freestyle. Swim 50m backstroke. Swim 25m survival backstroke. Swim 15m breaststroke full stroke. Scull, float tread for 4mins.

Underwater skill: Surface dive and recover an object from the bottom of the pool at a deep level.

Dives: Crouch Dive.

Extension: Demonstrate Butterfly arm action for 5m. Butterfly kick for 10m.





▼ BASS

To move to the next level a student must achieve the following before moving up:

Entry and exit: Fall in entry from deep water.

Stroke technique: Swim continuously 100m:
25m freestyle, 25m butterfly, 25m backstroke, 25m breaststroke, Scull, float tread for 5mins

Turns: Display ability to do tumble turns with Freestyle outcome.

Dives: Shallow dive

Extension: Backstroke starts.



► WATER DRAGONS

To move to the next level a student must achieve the following before moving up:

Entry: Stride entry

Swimming movement and stroke technique.

Be able to swim 200m:

50m freestyle, 25m butterfly, 25m survival backstroke, 50m backstroke, 50m breaststroke, Scull float tread for 5mins

Dives and turns: Race diving starts. Freestyle and backstroke turns.

Extension: Backstroke starts.



▲ MAGPIE GEESE

This is the last level before our squad.

Students must be able to achieve the following:

Technique: Correct technique for the following strokes:

100m freestyle, 50m breaststroke, 50m backstroke, 25m butterfly, 25m sidestroke, Scull, float, tread for 6mins.

Dives/starts/ finishes:

Sprint starts. All turns and start requirements.

Knowledge of all turn and touch rules. Knowledge of Squad expectations. Capable endurance levels for Squad step up.





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