

SCHOOLS BOOKLET



Sutherland Shire Leisure Centres facilities

Sutherland Shire Leisure Centres has four dedicated Leisure Centres, providing aquatic and cross-training facilities. Sutherland Leisure Centre is a facility of fitness, recreation and sporting excellence, the centre boasts a variety of heated indoor and outdoor competitive and recreational pools, combined with dry program areas for aerobics, cardio, circuit and weight training. Caringbah and Engadine Leisure Centres are heated Olympic sized pools with supporting amenities, while Como swimming Complex is a seasonal aquatic recreation facility.

Convention Room – Sutherland Leisure Centre

This facility is also available for schools to utilise for full staff in-service days, faculty meetings, lectures or various courses and programs. We can accommodate from 30 to 40 people.

Aquatic Facilities

Sutherland Leisure Centre:

- 50 Metre heated outdoor pool
- International sized heated outdoor water polo pool
- Indoor family fun and recreation area
- Indoor teaching and aquaerobic pool
- 25 Metre heated indoor pool
- Bubble pool
- Disabled access and facilities

Caringbah Leisure Centre:

- 50 Metre heated outdoor pool
- 15 Metre heated outdoor program pool
- Seasonal toddler pool

Engadine Leisure Centre:

- 50 Metre heated outdoor pool
- 20 Metre heated outdoor program pool
- Seasonal toddler pool

Como Swimming Complex:

- 16 Metre outdoor seasonal program pool

Gymnasium Facilities

Sutherland Leisure Centre:

- Large multi purpose area for group activities including boxing and aerobics
- Circuit room
- Boxing room
- Fitness assessments
- Resistance training room
- Beach volleyball court

Engadine Leisure Centre:

- Large multi purpose area for group activities including boxing and aerobics
- Extensive resistance training gym featuring both free and machine weights
- Cardio Hall
- Resistance training room
- state of the art cardio gym with Personal Viewing Screen on each piece of equipment

Schools Learn to Swim

The Schools learn to swim program is recognised as the most successful learn to swim program within the Sutherland Shire. Our AUSTSWIM qualified instructors teach the ideal balance of swimming skills and water safety in a safe and friendly environment. The program includes one lesson per week for the duration of the term (intensive blocks are also available). All levels are catered for, with ongoing assessments throughout the term. Supervisors regularly upgrade children to suit their ability.

The First Day

The first day is an assessment day for children who haven't swum in our program previously. Those who have swum with us previously will be pre-booked into their relevant class and assessed once their lesson has begun.

The children will then receive a cap of a specific colour to indicate which group they are in. Children are also supplied with goggles at this stage: teacher's assistance with adjusting the goggles would be appreciated. As you may be aware the presence of parents on the first day can be distracting for the children. We would appreciate it if you would advise parents to stay away until the children are settled into their classes.

The class descriptions are as follows;

Frys

These children may lack water confidence. They are unable to move through the water independently. Confidence skills, water safety and evidence of water familiarisation are achieved in this group. Children will be able to float, push and glide and dog paddle independently.

Eels

These children are comfortable in the water. They are able to float and dog paddle independently. The children will be taught freestyle arms and backstroke kick.

Ducks

Basic freestyle is taught and these children have good co-ordination of arms and legs. Two stroke breathing and backstroke arms are introduced, until the children are capable of progressing to the next level.

Crayfish

The freestyle stroke is strengthened in this level. Children learn four stroke breathing and backstroke arms and legs are co-ordinated to develop a strong stroke. Children's stamina is increased and safety aspects of swimming are taught.

Blue Bottles

These children have the strength and stamina to swim 20 metres freestyle (doing bi-lateral breathing) and backstroke. Technique and body position are focus points in this class and continuous correction via drill is emphasised.

Angelfish

This group works towards a bent arm recovery in freestyle and a backstroke that is fluent and strong. These children are capable of swimming 25 metres for both strokes. The lesson has elements of endurance work and stroke correction which strengthens them for the requirements of squad swimming.

Schools Squads

The Schools Development Squads program is aimed to children and teenagers involved in competitive aquatic sports or who are simply interested in keeping a fit and healthy lifestyle. All coaches are Level 1 accredited through NSW Swimming. These squads are designed to improve the technique and fitness of the swimmer. The class descriptions are as follows:

Sharks

Child progresses from the Learn to Swim program improving stamina and fitness. Freestyle and backstroke technique is improved. Breaststroke and squad etiquette is taught.

Frogs

Aimed to improve Breaststroke as well as Backstroke and Freestyle. Butterfly kick is introduced.

Dolphins

Freestyle, Backstroke and Breaststroke are improved and distances increased. Stamina and fitness levels are improved with the introduction of the complete Butterfly stroke. Medley swimming with starts, turns and finishes is taught.

Swordfish

Swim distances from 2-3km with an emphasis on improved fitness and technique for all strokes.

Royal Lifesaving Program

The Sutherland Shire Leisure Centres offers the Royal Lifesaving Societies Swim and Survive Program as an integrated component of the Schools Swim School Program. Pre-requisites exist for these classes, children will be assessed on their first day of lessons and graded according to ability. The program includes land and water based rescue techniques, survival strokes and other water safety techniques. Parents also have the opportunity to purchase Royal Lifesaving Society 'Swim and Survive' certificates once a particular level is achieved, these are available from the Schools Office.

Swim & Survive 1 – Water Discovery (FRYS / EELS Level)

- Enter and exit the water safely and confidently
- Submerge in waist depth water, open eyes and blow bubbles.
- Float to stand. Recover from a face down float or glide to a standing or other secure position.
- Be pulled to safety by grasping a rescue aid.
- Float with a flotation aid for 30 seconds.
- Move through the water unassisted with the feet clear of the bottom for a distance of 3 metres.
- Answer questions about dangers in the aquatic environment.

Swim & Survive 2 – Water Awareness (DUCKS Level)

- Perform a slide in entry and exit the water using the edge.
- Demonstrate horizontal arm sculling actions, supporting the body in an upright position.
- Float to stand. Recover from a back float or back glide to a standing or other secure position.
- Be pulled through the water with a rope for 5 metres to safety.
- Submerge and recover an object from water of chest depth.
- Survival Sequence – Survival scull for 30 seconds and float for 1 minute, holding a flotation aid and then kick to safety.

Swim & Survive 3 – Water Sense (CRAYFISH Level)

- Perform a step in entry.
- Surface dive, swim underwater and recover an object from chest deep water.
- Scull head first on the back in a streamlined body position.
- Using a rigid aid pull a partner to safety.
- Survival sequence – Scull for 1 minute and then swim for 1 minute holding a flotation aid.
- Swim 50 metres using actions that resemble two or more strokes. Must include at least 15 metres using an underwater arm recovery stroke.
- Answer questions about dangers in the aquatic environment.
- Extension: Demonstrate introductory dolphin kick for 5 metres.

Swim & Survive 4 – Water Wise (BLUEBOTTLES Level)

- Safely perform a compact jump, a fall in entry and exit from deep water.
- Throw a rescue flotation aid to a partner at 5 metres distance and instruct the partner to kick to the edge.
- Demonstrate feet first sculling on the back.
- Demonstrate rotation of the tucked body, keeping the face above the surface of the water.
- Surface dive, swim underwater, search for and recover an object from water equivalent to the candidate's height.
- Swim continuously: 50 metres with above water arm recovery and 25 metres with underwater recovery. Recognised stroke techniques must be used.
- Survival Sequence, dressed in swimwear, shorts and t-shirt, complete the following: scull, float or tread water for 2 minutes. Swim slowly for 3 minutes changing survival strokes after each minute.
- Float for 1 minute using an open ended flotation aid.
- Answer questions about dangers in the aquatic environment.
- Extension: Demonstrate introductory butterfly arm action for 5 metres.

Swim & Survive 5 (ANGELFISH Level)

- Demonstrate a dive.
- Rotate the body about both the vertical and horizontal axes with either arm or leg action.
- Demonstrate the eggbeater kick. Arms or a kickboard may be used for support.
- Swim continuously: 25 metres freestyle, 25 metres backstroke and 25 metres breaststroke (recognised strokes must be used).
- Survival skills: dressed in swimwear, long pants and long sleeved shirt, perform the following as a continuous sequence: Survival scull, floaty or tread water for 4 minutes, perform a feet first surface dive and swim underwater for a short distance. Swim slowly for 6 minutes using three survival strokes, changing strokes after each minute. Remove clothing in deep water.
- Correctly fit a PFD, jump into the water, float for 30 seconds, and then climb out of deep water.
- Perform a reach rescue using a rope, towel or item of clothing.
- Answer questions about dangers in the aquatic environment.
- Extension: Swim Butterfly for 10 metres demonstrating a recognisable stroke and using correct breathing technique.

Swim and Survive Level 6 (Sharks Level)

- Perform a stride entry
- Demonstrate an efficient eggbeater kick. Arms may be used for support.
- Demonstrate rolling the body between positions on the back, side and front, starting from a stationary horizontal position using arm sculling movements only.
- Swim continuously: 50 metres freestyle, 50 metres breaststroke, 50 metres backstroke, 50 metres sidestroke. Efficient stroke techniques should be used.
- Survival skills: dressed in swimwear, trousers, long sleeved shirt and long sleeved pullover, perform the following as continuous sequence: Enter deep water using feet first entry, Submerge feet first to simulate an escape from an overturned boat then swim or scull underwater on the back watching the boat in order to clear it before resurfacing. Swim 50 metres quickly as if escaping from a dangerous situation and then swim 50 metres slowly. Spend 10 minutes in deep water demonstrating how a buoyant aid may be used as support, swimming in three survival strokes and demonstrating waving one arm signalling for help while sculling or floating.
- Correctly fit a PFD while treading water and then swim 25 metres using survival strokes. Climb out of the water.
- Throw rescue – throw an unweighted rope over a distance of 6 metres to within reach of a partner and pull to safety.
- Answer question of water safety and personal survival techniques.

Swim & Survive Level 7

The aim is to develop a high level of swimming skill, endurance, knowledge of safety and personal survival ability. This award also serves as a foundation for the RESCUE AWARDS.

Bronze Star (Frogs-Stingrays Levels) **(Approx age 10 – 13 yrs)**

The aim is to grasp the concept of saving another life. EAR is incorporated with this level.

Frog to stingray standard = tread water, sculling, body rotation, surface dives, swim continuously 100m FS/100m BS/ 50m Sidestroke/ 50m survival or lifesaving Backstroke.

- Theory – Answer questions on water safety, survival in water, self preservation, recognising an emergency assessment before and during a rescue, treatment for shock.
- Resuscitation demonstrate: checking for danger, assessment for unconsciousness, opening and clearing the airway, checking for signs indicating the presence of absence of breathing, positioning of the casualty for EAR, mouth to mouth resuscitation, appropriate action for a casualty who vomits or regurgitates, the appropriate action if an airway blockage is apparent.
- Water Test: effect a throwing rescue using a PFD 6 metres as a buoyant aid.
- Throw rescue: throw an unweighted rope over a distance of 10 metres and secure.
- Rescue and Resuscitation: an unconscious and non-breathing person is floating down in deep water, enter the water and swim to the person, turn the person over and tow 10 metres to shallow water, commence EAR while wading to safety, call for assistance.
- Accompanied rescue: a person is in difficulty 15 metres from safety with a flotation aid, enter the water as for unknown conditions, wade and swim to the person, instruct in the use of the aid, accompany the person to safety, secure the person at a point of safety.
- Defensive techniques: demonstrate a reverse, a leg block and an escape from a front grasp.
- Tow: A weak swimmer is in difficulty in deep water 20 metres from safety, with a non-rigid towing aid selected by the assessor, enter deep water using a stride entry or compact jump, swim to the person and adopt a defensive position, offer the aid to the person and tow to safety, assist the person out of the water using a stirrup lift.
- Surface dive: demonstrate a head first and feet first surface dive in deep water collecting an item from the bottom.
- Underwater search: demonstrate a search pattern in deep water.
- Initiative: demonstrate initiative in effecting a rescue of a person who is no more than 15 metres from safety and then explain the reasons for the actions taken.
- Survival skills: dressed in swimwear, trousers and long sleeved shirt float using a hand sculling movement for 1 minute and tread water for 1 minute waving for help, put on a PFD and swim 50 metres, demonstrate the HELP position, climb out of the water.

- Swim continuously 300 metres: 100 metres freestyle, 100 metres on the side, 100 metres on the front. The targeted time limit for the swim is 10 minutes.
- Theory: Answer questions on water safety, survival in water, self preservation, recognising an emergency assessment before and during a rescue, treatment for shock. Secure the person at a point of safety.

Water Polo

Water Polo

Water polo is played at Sutherland, but coaching can be provided at Engadine and Caringbah. We provide excellent water polo sessions, which include drills, and tips to improve game play and fitness. These sessions are loads of fun for high school students. Water polo competitions between schools are also available

Flippa Ball

Is a great modified water polo game in our heated pools. It involves ball skills, passing and shooting skills, tactics and games. The kids say it's loads of fun and they don't need to be strong swimmers to play, as they are able to touch the bottom.



Fundraisers

Swimathon Fundraiser

Why not conduct a Swimathon as part of your fundraising effort? We provide the sponsorship forms so that the student can obtain sponsors for each lap they swim. For Primary school age children we divide our pool into different lengths so the 'laps' are more achievable. It has been our experience that children and their parents like to get involved in a fundraiser where the children are achieving their goals.

Functions

Sutherland Leisure Centre functions are a fantastic opportunity to celebrate our end of term night out, presentation night or any other special occasion. Have the whole indoor pool to yourselves on a Saturday night and we will throw in the slide of inflatable monster.



Aquarobics

Aquarobics

Aquarobic classes are held at any of our Leisure Centres. Aquarobics is the term used to describe a variety of exercises, circuits, games and dances performed in water. Aquarobics is based on two fundamental properties of water: that it is a buoyant medium and it exerts resistance to motion. Neither of these apply on land. Classes are held in our heated pools for up to 35 children at a time. These classes are great fun and place less stress on the joints while using the water for good resistance training.

Deep Water Aquarobics

Deep water classes can also be held at any of our Leisure Centres. This is a variation of Aquarobics where buoyancy belts are used in our outdoor heated pools. The feet of the participants do not touch the bottom of the pool; therefore less pressure is exerted on the joints. This is a vigorous session and great fun for kids.



Aerobics

The Sutherland Leisure Centre gymnasium has an excellent aerobics room that caters for up to 30 children per class. Classes are designed for the particular age group, sex and ability of the children. If you have a class of high school boys, the class structure would need to be different to a class of high school girls (who dance) to a group of primary school children. Classes are fun and energetic featuring music children know and love. The class descriptions include:

Body Attack: A high intensity aerobic training session for moderate to advanced fitness levels, with simple, athletic moves.

New Body: Combines upper body exercises with light hand weights and easy to follow low impact moves. No running or jumping.

Hi/Low: A combination of high and low impact moves. A great aerobic conditioning class.

Combo: A combination of any three class formats, providing excellent cross training for aerobic endurance.

Fatbuster: A low impact, high intensity, choreographed class. A great fat burning workout.

Body Pump: Weight training to music. Designed to give the body a complete workout using barbells. No running or jumping.

Body Combat: Pre-choreographed class (non contact), combination of Karate, Boxing, and Tai Chi. Moderate intensity,

Step Basic: Suitable for the first time stepper or those interested in an easy to follow step class.

Body Balance: Designed to improve flexibility and relieve tired muscles.

Fitball: A conditioning and strengthening full body workout using fitballs

Circuit / Weights

Circuit

Circuit classes are held in our circuit room. Any age or fitness level is catered for in these classes. Circuits aim at overall fitness and the children love these vibrant, different classes that work a different muscle group each station. The circuit room can hold up to 35 children at one time.

Weight Training

Weights rooms at Sutherland and Engadine specialise in developing muscle tone and strength. The weights rooms can take up to 20 students at a time and these are always supervised by one of our qualified and experienced staff. Students are put into small groups of two or three and are shown how to use all the equipment. Each week they return to their group and work on their own programs. At Sutherland large groups can alternate between the boxing room and the weights room.

Boxing

The boxing circuit classes help with motor skill development and the children have grown to love this new and exciting challenge.



Other Fitness Programs

Beach Volleyball

The volleyball court at Sutherland is great for fitness and fun, and caters for up to 25 children – as one team plays, others work on technique and practice ball skills. Instructors will teach the children the right technique and after some ball skills, they will be playing games.

Fitness Program

This part of the program is aimed toward year 11 and 12 students who study Health and Fitness as part of their H.S.C. assessment. These students will be fitness tested at the beginning of the term and then embark on a fitness program and assessed again at the end of the term. The fitness program consists of all the different types of exercise available at the centre. Flyers are given to each student at each lesson, with information regarding the exercise they have just enjoyed.

Fitness Seminars

Our experienced and qualified gym staff are available to provide seminars for year 11 and 12 students studying Health and Fitness. Topics can be selected by you and may include weight training, distance training, nutrition and weight loss. These seminars can be held at your school or we can cater for your class at any of the Leisure Centres.

Carnivals / Recreation Days

Carnivals

Sutherland Shire Leisure Centres are taking bookings for the school carnival season. Our facilities include: outdoor Olympic pools heated to approximately 26 deg., outdoor kiosks, PA systems if needed, covered area for officials and computers, and grassed area for children with shade.

Recreation Days

During the school term the Sutherland Leisure Centre conducts activity days for groups ranging from 20 to 150 students. Our experienced recreation leaders organise hours of fun and activities for students and teachers. Recreation Activity days are a great way to entertain your students in an exciting and unusual way, as well as being a great idea for orientation programs or end of term fun days.



Contact Details

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