



## › Children's Learn to Swim

Your local Swimming Pools offer Children Learn to Swim Programs which cater for the specific needs of diverse communities. Here are some things to help you get started.

### › When are swimming lessons conducted?

Swimming and Water Safety lessons are usually 30-45mins in length and are conducted during school terms or as a special program in school holidays. Children can start lessons from 6 months old.

### › Can myself or my children participate in swimming lessons if we are sick?

Do not go to the pool or swimming lessons when you are sick and avoid swimming for at least 48 hours after being sick.

### › How can I keep my children safe at the pool?

Always watch your children – we call this supervising children around water. Children need all of your attention, all of the time at the pool. No distractions, stay off your phone and keep watch.

### › What are the costs

Costs are different at each swimming pool but usually range from \$15 to \$25, depending on if they are private or group lessons.

### › NSW Government Subsidies

**Active Kids Vouchers** are available to children between 6 -18 years of age. Vouchers are worth \$100 and can be used for swimming programs that are 8 weeks or longer in duration

**First Lap Vouchers** are available for children between 3-6 years of age. First Lap vouchers are also worth \$100 but can only be used on swimming lessons.

Active Kids QR



First Lap QR



**When you visit or contact your local swimming centre ask the following questions:**

- When can I book in for lessons?
- What happens if my child can't make a lesson?
- How can I re-book into lessons?
- What is the cost?
- What do the costs include?
- Are there any payment options?
- What swimwear should my child wear?
- What skills will they learn?
- Do you focus on water safety?
- Are you a culturally competent centre?
- Can I have a tour of the facility?

For more information please visit:

[drowningprevention.org.au/multiculturalcommunities](https://drowningprevention.org.au/multiculturalcommunities)



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NEW SOUTH WALES

