

Medical Information

Please provide information for each question or write 'not applicable'.

Existing/previous illnesses, injuries, weakness, disability and treatment (if known) e.g. diabetes, asthma.

Allergies (e.g. medications, food, insect bites)

My child's medical practitioner is

Phone _____

Current Ambulance Insurance YES/NO

Please attach a list of any medications that your child will be carrying with her for any reason, even travel sickness pills and state what the medications will be used for.

I consent to my contact details being given to the appropriate coach in order to contact me regarding swimming lessons. This information will not be used for any other purpose.

Parent/Guardian

(Signature)

Date ___/___/___

Further Information

Carol Osborn
Swim School Manager
+61 3 9274 6328
osborncj@mlc.vic.edu.au

Debbie Bennett
Director of Sport
+61 3 9274 8160

After Hours (after 4.00 p.m.)
PEC Supervisors
+61 3 9274 6329

Holiday Swim Clinics

The MLC Swim School conducts swim squad clinics during the school holidays for those swimmers wishing to maintain their fitness and skills. See Carol Osborn for further details.

Junior and Fitness Squad Swimming



2010

MLC Squad

MLC offers a range of swim squads catering for all ages, interests and commitment to the sport. The Junior and District squad swimming sessions are held at the MLC Physical Education Centre pool.

Junior Squad

Junior Squad is for swimmers who have completed the Learn to Swim program or have come from another squad program. While the emphasis is still on instruction and technique the swimmers will also be swimming longer distance. From swimmers will advance to either our competitive Junior State or Fitness squads (fitness/recreationally based squad). Swimmers are encouraged to attend MLC Club nights and the annual MLC Encouragement meet. Your coach will advise you of qualifying times that are required to join the Junior State Squad.

Fitness Squad

The Fitness squad is for swimmers who enjoy swimming but do not have a desire to compete. Swimmers in this squad are proficient in all four strokes, starts, turns and finishes but are still looking at improving/maintaining their fitness and technique. There are five sessions available per week to choose from and it is recommended that swimmers attend at least two sessions.

MLC Aquatic

Swimmers in the Junior and Fitness squad programs receive a junior membership to the club which is included in their Term swim fees. This membership includes entry to club nights and pizza. MLC Aquatic works in conjunction with the swim program to offer all swimmers additional opportunities and guidance. The club aims to ensure that every member achieves their best. For more information contact Anthony Schlicht on 0416 088 796 or email atschlicht@vicbar.com.au.

Coaching Staff

Junior Development Coach, Penny Foster.
Other Coaching Staff, Kristal Hammond and Ashlyn Frazer

Training Sessions

Junior Squad

Monday 4.00 p.m. - 5.00 p.m.
Wednesday 4.00 p.m. - 5.00 p.m.
Friday 4.00 p.m. - 5.00 p.m.

Fitness Squad

Monday 6.15 p.m. - 7.30 p.m.
Tuesday 6.30 p.m. - 7.45 p.m.
Wednesday 6.15 p.m. - 7.30 p.m.
Friday 6.30 p.m. - 7.45 p.m.
Saturday 9.00 a.m. - 10.00 a.m.

Fees

Junior Squad

1 session/week
MLC Students \$15.00 per week
Non-MLC Students \$16.00 per week

2 -3 sessions/week
MLC Students \$17.50 per week
Non-MLC Students \$22.00 per week

Fitness Squad

Cost per week
MLC Students \$18.50 per week
Non-MLC Students \$22.00 per week

Payment Details

All MLC students will be billed on their student account. Fees are due at the commencement of the Term and can be paid directly to the Swim School Manager or deposited into the payment box located on pool deck. Swimmers must give 4 weeks written notification of their intention to withdraw from the program otherwise full term fees will apply.



Squad Swimming Application

How to enrol

1. Make an appointment for assessment
2. Bring this enrolment form with you to your assessment

PERSONAL DETAILS

Surname _____

First Name _____

Address _____

Postcode _____

Phone _____

Email _____

Date of Birth ___/___/___

Previous swimming history (i.e. Club, level achieved):

FAMILY DETAILS

Contact Names _____

Address _____

Postcode _____

Phone _____

Email _____

EMERGENCY CONTACT

Contact Name _____

Phone _____

Parent/Guardian _____

(Signature) _____

Date ___/___/___

Office Use Only:

Squad _____ No. of Sessions _____

Commencement Date ___/___/___