

# The TJ's Swim Way



TJ's Swim

written by  
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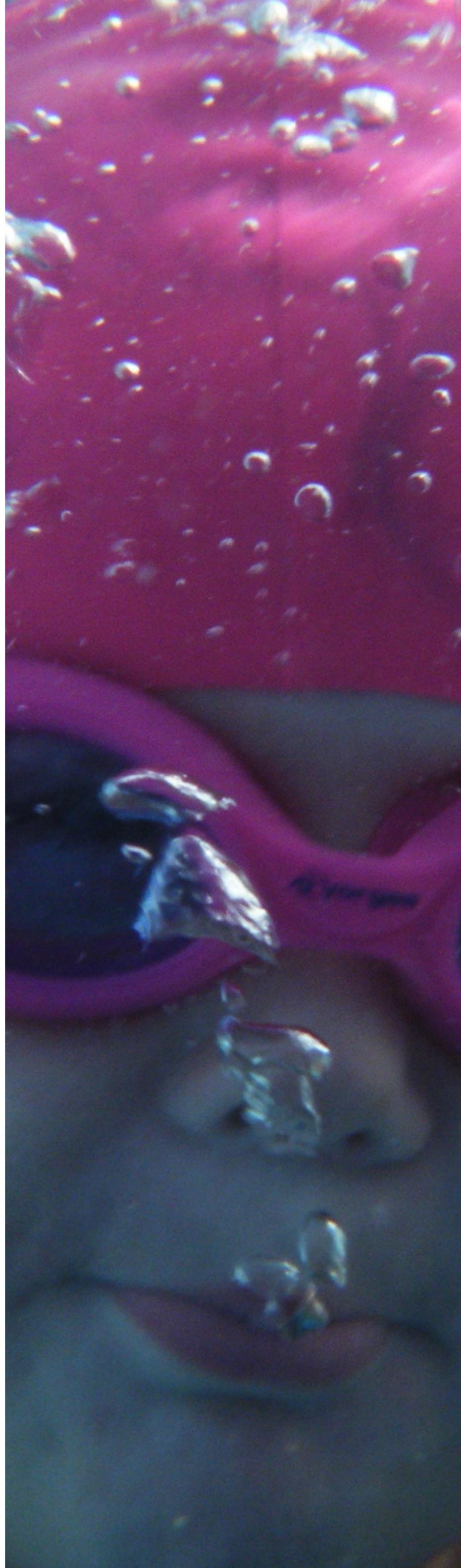
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# 01

## *Our family*

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Our Unique perspective of Fun for Life is what sets TJ's Swim apart from all the others. Children learn the most through play, repetition, keeping them engaged with bright toys, songs and Lots of Fun.

You child will progress quickly in our step by step lessons because like building blocks we keep adding skills whilst extending the distance ensuring they are having Fun and can't wait for the next lesson.

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# 3 generation Family owned and operated

Our Fun, Fit , Fast Family welcomes you to join in our 25 plus years in the swim industry. Troy and Jodie are devoted to the LOVE of water, safety, learn to swim, fitness and the sport of competitive swimming.

We have 3 beautiful girls, 2 of which work with us @ TJ's Swim, Tori and Tayla are both qualified teachers and continually studying with business qualifications and furthering teacher qualifications. Morgan swims in the Jets squad program. We also have our beautiful granddaughter who has just arrived this year.

Our instructors are continually trained in their specialized area, all have children that swim within our program. Our family knows how to help your family.



# “you have taken the first step”

Congratulations on taking the first step to encouraging your child to love the water, learn to swim and teaching them skills for life. Our Age and Stage program is a perfect way for your child to learn to swim.





# 02 FUN

## Age & Stage Program

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Children are assessed into a level dependent on their Age and Stage.

Repetition of skills allows our muscle memory to kick in and skills to become automatic.

### OUR MAIN FOCUS IS QUALITY TECHNIQUE

Your child will progress quickly in our step by step lessons because like building blocks we keep adding skills whilst extending the distance ensuring they are having Fun and can't wait for the next lesson. Progress reports are sent out over the holidays each term.



# Be a Hero, Save a Life



Our SuperHero theme is designed to create all children to have super powers to be able to potentially save their own life. Yes, learning to swim may one day save your child's life. Step 1 for our instructors is to make your child safe in the water before we start to teach the strokes to get from A to B



**TJ's Swim**



# Infants

TJ's Swim



The beginning is our INFANT program, it is more than just a learn to swim program. It is a special bonding session for you and Bub, each activity is developed to enhance your child's development and introduce water safety skills. This is the first time we can encourage our Bubs to Love the water it starts with our AquaBubbles, then move to our AquaBubs which consists of 6 levels. Holdy Hippo, Dippy Duck, Roly Poly, Nippy Croc, Bubbly Monkey and Flippy Frog, our bubs are now ready to transition into the AquaTots class which has 2 levels, Paddy Pig and Kicky Koala. Through movement and music we can build the successful foundations in maths, language and reading, whilst increasing water safety skills with kicking, paddling and bubbles.

Our Infant program incorporates themed lessons to encourage our little swimmers to love the water a little bit more.



# Learn to Swim

TJ's Swim



Next is step is our Learn to Swim Program consisting of 3 levels, with each level broken into smaller parts and when each child masters these skills we then add new skills, our AquaRockets Arms and then our Breathers, then on to our AquaFlash where the Instructor moves out of the water, then move onto the Stroke Development levels to learn Butterfly and Breaststroke whilst extending the distance in our Freestyle and Backstroke are AquaStar, AquaFin and finally our AquaHero.



# Stroke Development

TJ's Swim





# 03 FAST

## *The Sport of swimming*

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Until now swimming has been a necessity, a skill for life, a skill that could potentially save their life. Now the children can decide the future of their swimming, whether it is playing in the backyard pool, water polo, skiing, at the beach, know you have given the life skills to enjoy these adventures.

### BUT IF IT IS FAST AND WINNING

You child will progress into our squad program. This is where the focus is more on distance, technique and sprinting. Creating racers.

The sessions get longer and harder this is why it is now called training and for your child to do their best they need to attend more than one day per week as in Learn to swim.

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Graduating to the Sport of Swimming our Squads  
5 levels of Squad starting with our 45 minute Mini Jets,  
then Junior, Super, Target and Performance Jets.



When do you believe a child has finished swimming?

The TJ's Swim Way is to Complete our 1km challenge you  
have become a swimmer!

Join our Turbo Jets swim club to compete at carnivals or race at  
our Friday night club nights.

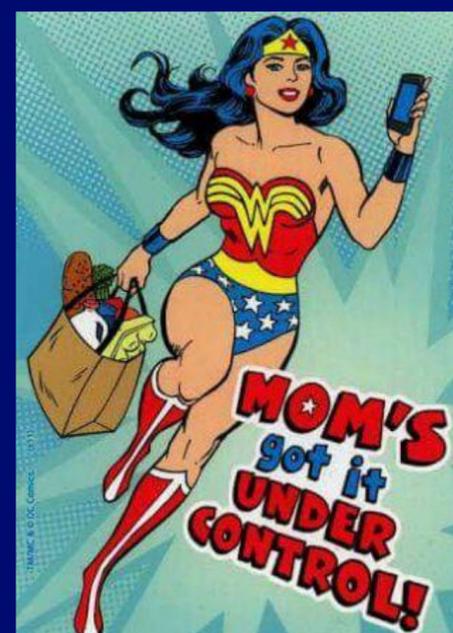




04

FIT

AquaFit



Now for you!

We have loads of Fitness classes available.  
Classes in the pool and classes in the gym.

Adult squads are available for swimming, want to  
get competitive too? Join our Masters club.

AquaFit classes include Cardio, Step, Pole, Zumba,  
Pump, Box and Circuit

GymFit classes include Circuit, Bootcamp, Max,  
Pilates and Spin.

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# Fit for Life



Need a program check out our website

[www.tjsswim.com](http://www.tjsswim.com)





# 05

## FAQs

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We have answered the most Frequently asked questions for you.

If we have missed the question you need to ask email us at [tjsswim@gmail.com](mailto:tjsswim@gmail.com)



# *Just ask us and we can help!*

## **How do I pay for lessons?**

Terms run by the State school term system, 4 x 10 week terms per year. Payments are to be made in full prior to lessons commencing for the term or EziWay to Pay system is a fortnightly payment plan.

## **Is there any way I can save \$\$\$?**

Certainly is! We have a refer a friend option, when you refer a NEW friend for lessons at TJ's Swim you and your friend both receive \$15 off your next consecutive term.

## **Can I pay later?**

No, you will need to make payment at the time of the booking to secure your place.

## **Do I need to rebook each term?**

At week 7 of each term is confirmation week, this week we rebook our current swimmers to the next term in the same class and time. If you need to change days and times this is your time to do this prior to opening bookings to new students in week 8.

## **How much notice to I need to provide to OPTout?**

3 weeks notice, best time is at confirmation week. Notice must be in writing or via defer form.

### **Are lessons run on Public Holidays?**

No lessons are run on Public holidays a credit is put on your account prior to the term commencing.

### **Are lessons run on Pupil Free Days?**

Lessons are on as per normal on Pupil Free days

### **Are lessons run on school holidays?**

5 day Holiday Intensive blocks run in the school holidays for some extra swim skills.

### **Are lessons held when it is raining?**

Yes, lessons are conducted in our beautiful indoor 31 degree heated pool.

### **What do I do to communicate child's absence?**

For ease we suggest you download the TJ's Swim APP, you can notify us via the App

Option 2 **send Text message** to 0429 465316 notification must be received 45 minutes prior to your child's lesson starting to receive a makeup class.

We must receive notification via one of 2 options above for you to receive a makeup.

Makeup lessons must be taken within the current term, they do not roll over. Refunds or credits will not be given for missed makeup lessons.

**You cannot reschedule a missed makeup lesson.**

### **Will I be charged for a missed lesson?**

Yes, we still need to pay your teacher and provide quality heated water and the other expenses incurred to effectively run our swim school. This means that we need to know you will honour your commitment to your booking and you will pay for the time slot that you have booked.

### **Does my child need to wear goggles?**

In our infant program goggles are not necessary and a valuable skill to learn to fall in and return to the wall without goggles, when your child achieves the AquaTot level certificate they will also receive their goggle license. When children start to swim laps it is a great idea to protect their eyes with goggles.

Goggles are available for sale at the reception.

### **Does my child need to wear a swim cap?**

It is not compulsory to wear a swim cap, it is suggested as it helps your child keep the hair out of their eyes and mouth this enables them to learn to swim with ease.

### **Does my child need to wear a swim nappy?**

Yes, in AquaBubs and AquaTots child needs to wear a swim nappy until toilet trained.

### **Can we play in the pool before or after our lesson?**

The TJ's Swim Way is full focus on lessons, this is not the case if some children are playing and distracting the children who are focusing on lessons.

### **Be sure to read your TJ's Swim News!**

This is the best way to keep up to date with what's going on, keep an eye out for your child's photo or WIN prizes.

### **What other ways can we keep in touch**

Be sure to like us on Facebook, Instagram, TJ's Swim APP, sign up for the newsletter via our website and read our blogs.



# Our Fun, Fit, Fast Family

Rewarding our little swimmers along the way we can create a love for the water, we are then introducing them to so many opportunities.





06

# Contact Us

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Want to keep in touch and keep up to date with  
whats happening the TJ's Swim Way



Contact us

TJ's Swim @ Concordia

Phone

Email

Website

377 South Street

0429465316

tjsswim@gmail.com

www.tjsswim.com

Find us on Facebook, Instagram, Blog

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# The TJ's Swim Way

Did you know we have lots of extra things to offer?





# *Our Fun, Fit, Fast Family*

**We look forward to enjoying your swim  
journey with you and your child!**

**Troy, Jodie and the TJ's Family**

