

# **2023 CALENDAR**

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4		Holi	iday	Swir	n Pro	grar	ns		Pu	blic I	Holid	ays /	Clos	sures		Rackley Races													
Fortnightly Direct Debit Days Rackley Challenge Swims										vims		Water Safety Weeks rackleyswimming.com.a										.au							

# **Rackley Swimming Events**

### Holiday Swim Programs

Our Holiday Swim Programs are a great way to boost and accelerate your child's progress. This is achieved by the daily focus on skill development and learning practices.

Please enquire with our customer service team about how your child can qualify for a Holiday Swim Program for FREE.



#### **Water Safety Week**

Our Water Safety Weeks highlight vital water safety messages and strategies for swimmers and their families. There is a different focus for each of the four weeks throughout the year:

March – Swimming Skills: The child develops parallel water safety knowledge while learning physical skills.

**June – Emergency Action Plan (EAP):** During water incidents, every second counts. Having an EAP in place reduces panic and saves vital time.

August – Fences and Gates: Barriers need to be in place to lessen children's chances of danger around water.

November — Adult Supervision: When children are around water, clearly nominate an adult to supervise actively.



#### **Rackley Races**

Rackley Races are a fun, social way for children to experience the thrill of putting their swimming skills into practice in a relaxed, low key, non-competitive environment. They are also the perfect opportunity for swimmers to improve their racing skills for school carnivals.

Rackley Races are suitable for children from Newstart to Mini Squad. Swimmers are required to register before the event. Teachers will be in the water to assist younger swimmers when required.



## **Rackley Challenge Swims**

Rackley Challenge Swims are offered to swimmers in our higher levels to celebrate their increased confidence, ability and endurance as they advance throughout the year.

**Super Challenge** — This challenge consists of 100m Freestyle / 50m stroke of choice / 50m kick. Suitable for swimmers from our Advanced 2 level and higher and is a great starting point for newer swimmers.

Mega Challenge – This challenge consists of a 200m Freestyle / 100m Individual Medley / 100m kick. Suitable for swimmers in our Achievers levels or higher who are keen to extend their swimming ability.

**Ultra Challenge** – This challenge consists of 400m Freestyle / 200m Individual Medley / 200m kick. Suitable for swimmers in Achievers, Mini Squad and Junior Squad, looking for the ultra challenge.