The background image shows a sunny beach scene. In the foreground, several children are sitting in red and orange kayaks. They are wearing life jackets; one is bright green, and others are yellow and blue. Behind them, a blue trailer is parked on the sand. In the background, several white sailboats with their sails up are docked in the water. The sky is clear and blue.

Aquatics Day

West Lakes Aquatics Day



We will get to school early (8:00am) so we can catch the bus and arrive on time.
(9:30am)

When we get to the Aquatics center we put on our hats and sunscreen, change our shoes and grab our water bottles. The teachers will get us into groups. We then have a safety briefing from one of the instructors.

There are four sessions where we learn different skills. The activities we participate in will depend on the weather.



Canoeing

One activity is canoeing. When canoeing we wear a life jacket and a coat if it is cold.

We sit in the canoe with the instructor and listen to their instructions.



Kayaking

We go kayaking with a partner. We wear a life jacket and a coat if it is cold. The instructor is in a kayak and will sail along with us to guide us if we need help.



Sailing

We go sailing with our group. We wear a life jacket and a coat if it is cold. The instructor sails the boat and we listen to instructions and enjoy the ride.



Snorkeling

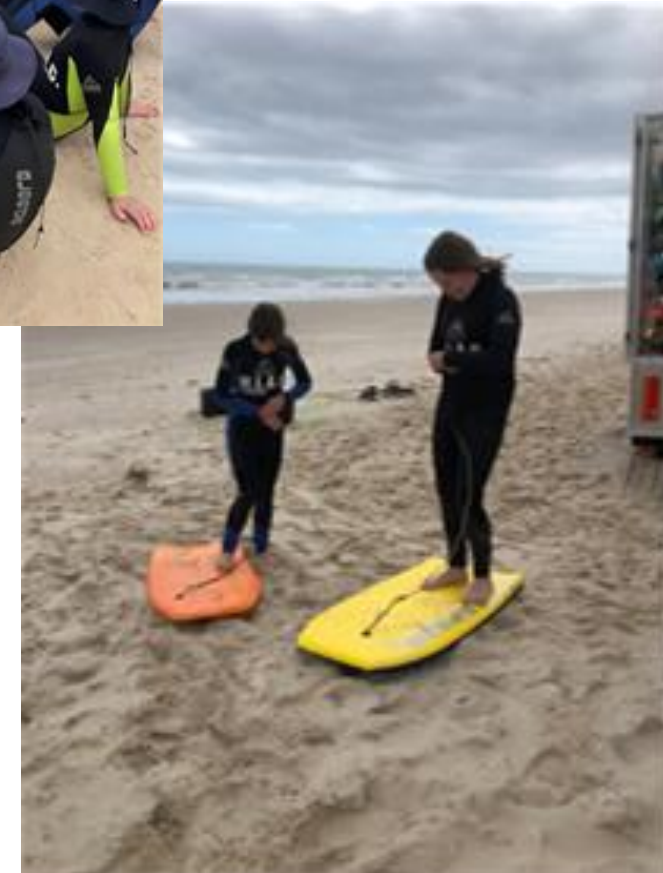
We go snorkeling in the lake. We wear a wetsuit, flippers and a mask. The instructor sits on a kayak so we know where to snorkel. If the water is too murky we will not be going snorkeling. We will only know on the day if it is possible.



Surfing

We go surfing at St Kilda Beach. We cross the main road and walk to the beach.

We wear a wetsuit and need our shoes and hats.



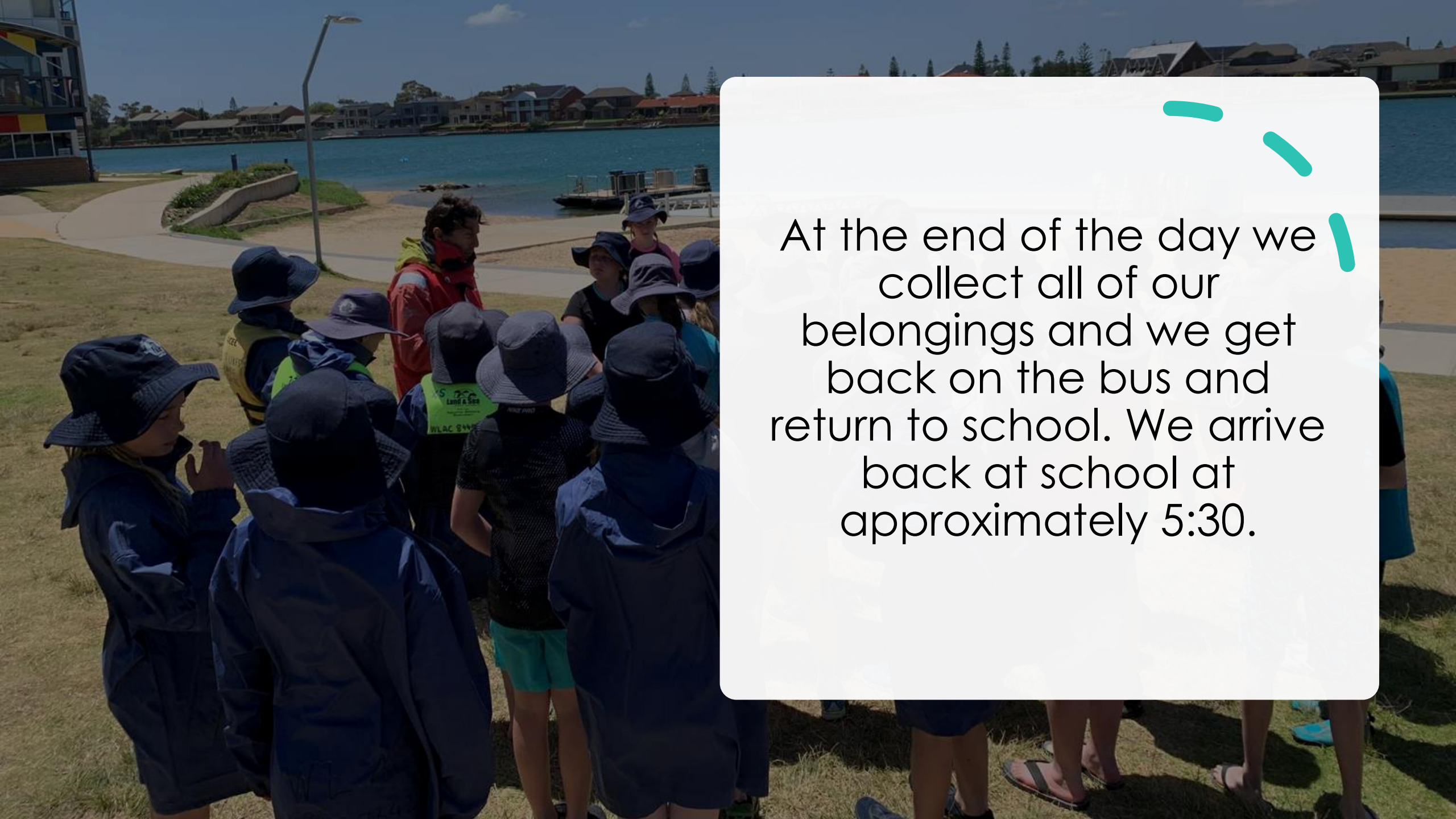


Break times

We have three break during the day. Each break is in between each session. This is a good time to use the bathroom and have a quick snack.

After the first two sessions we have a lunch break. We sit altogether in a big group and have the lunch we bought from home.



A group of children, mostly wearing blue raincoats and hats, are gathered on a grassy area. They are looking towards an adult male in a red jacket who is standing and addressing them. In the background, there is a body of water, a paved path, and some buildings along the shore under a clear blue sky. A white text box with a teal decorative element is overlaid on the right side of the image.

At the end of the day we collect all of our belongings and we get back on the bus and return to school. We arrive back at school at approximately 5:30.