

Term 4 2010

Learn to Swim

Squad

Squad

Mini / Junior Squad

Senior / State Squads

Lessons are conducted by accredited
AUSTSWIM Swim Instructors

Fees per session are \$10
All sessions are available to all
swimmers

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swimmers

Bookings are based on a school term
and are to be paid in advance.

2/week	\$180.00
1/week	\$100.00

Mini	
10 swim ticket	\$100
Term pass	\$180
Junior	
10 swim ticket	\$ 90
Term Pass	\$170

Senior / State	
10 swim ticket	\$ 95.00
Term pass	\$185.00

Sessions:

Monday-Friday from 3.15-5.15 p.m.
Saturday from 9.00 a.m.

Term pass offers swimmers
unlimited training sessions for
a full school term.
10 Swim tickets are valid for 6
months from date of first swim.

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Due to the high demand for learn to
swim classes, we are no longer able
to offer make up lessons unless a
Doctors certificate is supplied. Non
attendance at a pre-booked session
will still require payment. Payment in
advance guarantees your booking.
7 days notice must be given for
cancelling lessons

MINI	
Mon to Fri	7.45 to 8.30am
Saturday	7.00 to 7.45am
Mon to Fri	3.15 to 4.00pm

JUNIOR	
Mon to Fri	7.30 – 8.30am
Saturday	7.00 – 8.00am
Mon to Thu	4.00 – 5.00pm
Friday	3.15 – 4.15pm

SENIOR	
Mon to Fri	7.00 – 8.30am
Saturday	7.00 – 8.30am
Mon to Thu	5.00 – 6.30pm
Friday	3.15 – 4.45pm

STATE	
Mon / Wed / Fri	7.00 – 8.30am
Tue / Thu	6.30 – 8.30am
Saturday	7.00 – 9.00am
Mon to Thu	5.00 – 6.30pm
Friday	3.15 – 5.15pm

ADULTS \$8 (invoiced week 5&10)	
Mon / Wed	6.30 – 7.30pm

There are five Learn to Swim levels in our program. Starting at Water Safety and progressing through to advanced learn to swim. All swimmers are constantly monitored and once they are able to perform the skills required to progress to the next level they will be assessed and the parents will be notified. Swimmers progress through the levels as their skills and ability improves. As the swimmer attains each level they will receive a certificate of achievement. It is important to keep in mind that learning to swim is a completely individual experience and all swimmers will have varying rates of improvement.

Water Safety

For children learning to blow bubbles, kick on a board, float in a streamline position and start to perform fundamental safety skills.

Beginners

For swimmers who can perform good kicking and balance skills, and are learning to perform backstroke arms, and bilateral breathing in freestyle.

Little Swimmers

For swimmers who are learning to perform backstroke and bilateral freestyle, and start to perform breaststroke kick.

Intermediate

For swimmers who are able to perform backstroke and bilateral freestyle, and start to perform breaststroke, butterfly kick and good streamlining.

Advanced

For advanced learn to swimmers learning to perform freestyle, backstroke, breaststroke and butterfly correctly up to a distance of 25m.

After swimmers have obtained the necessary skills to pass level 5 of the Learn to swim program, they then go into our squad program starting at mini squad and progressing through to our elite group.

Mini Squad

This is a 45 minute squad focusing on improving consistency of technique and introducing new skills such as tumble turns and racing dives. Swimmers will learn to use the pace clock and swimming fitness will start to be improved.

Junior Squad

This is a one hour squad aimed at improving swimmers capacity to swim longer distances while improving skills and technique. Swimmers generally complete about 1.5 to 2.5 km's during a session.

Senior Squad

During this 1.5 hour squad swimmers will generally complete over 3 km's. More of the focus is on strength and conditioning for competitive racing while still making ongoing improvements to technique and skills.

State Squad

This squad is for our very high level competitive swimmers. Swimmers must meet the criteria and make training commitments to be considered for this squad.