

# Term 4 2011

## Learn to Swim

Lessons are conducted by accredited AUSTSWIM Swim Instructors

Bookings are based on a school term (Term 4 – 10 weeks) and are to be paid in advance.

2/week	\$195.00
1/week	\$115.00

Sessions:

Monday to Friday	3.15-5.15 p.m.
Saturday From	9.00am

Due to the high demand for learn to swim classes, we are unable to offer make up lessons unless a Doctors certificate is supplied. Non attendance at a pre-booked session will still require payment. Payments are to be made in full before season starts. 7 days written notice must be given for cancelling lessons or full payment will be required. No credit or make up lessons will be given for lessons cancelled due to bad weather.

## Mini Squad

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

Single Swim	\$ 13
10 swim ticket	\$105
Unlimited Term Pass	\$185

Mon Tue Thu Fri	7.45am to 8.30am
Mon to Fri	3.15pm to 4.00pm
Sat	7.00am to 7.45am

## Junior Squad

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

Single Swim	\$ 13
10 swim ticket	\$ 95
Unlimited Term Pass	\$175

Mon Tue Thu Fri	7.30am to 8.30am
Mon to Fri	3.15pm to 4.15pm
Sat	7.00am to 8.00am

## Senior / State Squad

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

Single Swim	\$ 13
10 swim ticket	\$100
Unlimited Term Pass	\$190

Mon Tue Thu Fri	6.00am to 8.00am
Mon to Thu	5.00pm to 6.45pm
Fri	3.15pm to 5.15pm
Sat	7.00am to 9.00am

## Adults

Invoices sent at end of weeks 5 & 10

Single Swim	\$ 10
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Mon & Wed	6.45pm to 7.45pm
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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.