

Welcome to YMCA leading Learn to Swim program

- Term 1 program starts on Monday the 22nd of January for 10 weeks.
- Classes do not automatically roll over from the previous term and are subject to change at YMCA discretion.
- Bookings and payment are essential to secure your child's spot.
- 10 week term \$145.00
- **After School Program**

Levels	Class Information
OCTOPUS	Classes focus on water safety and an introduction to the aquatic environment. This level is for first-time swimmers or children that have just graduated from our infant program and are swimming for the first time without a parent or carer in the water.
SARDINE	Classes focus on water safety, introduction to freestyle and backstroke.
SALMON	Classes focus on water safety, personal survival skills, freestyle with breathing, and backstroke. Introduction to survival backstroke.
TUNA	Classes focus on water safety, personal survival, freestyle, backstroke and survival backstroke. Introduction to breaststroke and butterfly.

• Infant Program (6 months – 3.5 years)

Our infant swimming program is conducted by our specially qualified and trained Infant Swimming Teachers. We aim to provide a safe and informative aquatic education experience for the parent and child. Children attend with a parent or carer for a stimulating movement and play experience with opportunities to explore and develop their physical abilities and social interaction in an aquatic environment.

PERIWINKLE	6 months – 24 months	Maximum 10 students per class
MINNOW	24 months – 36 months	Maximum 8 students per class
TADPOLE	36 months – 48 months	Maximum 4 students per class

• Dolphin Program

Swimmers must have completed TUNA level.

Levels	Class Information
JNR Dolphin	Classes focus on stroke correction, freestyle, backstroke, survival backstroke, breaststroke, and butterfly. Introduction to all turns and competitive starts & finishes. Also, water safety, rescue & personal survival, skills.

Morning Class Timetable

DAY	Teacher	9.00am	9.30am	10.00am	10.30am	11.00am	11.30
Monday	Nikki		Periwinkle	Minnow	Tadpole	Tadpole	
Tuesday	Mel	Adults	Periwinkle	Minnow	Tadpole	Tadpole	HN
Thursday	KP		Periwinkle	Minnow	Tadpole	Tadpole	
Friday	Nikki		Tadpole	Minnow	Tadpole	Tadpole	
Saturday	Brooke	Tadpole	Periwinkle	Minnow	Tadpole		
	Deanna	Octopus	Octopus	Sardine	Tuna		

Afternoon Class Timetable

DAY	Teacher	3.00pm	3.30pm	4.00pm	4.30pm	5.00pm	5.30pm
Monday	Brooke		Salmon	Octopus	HN	HN	
	Kate	HN	Tuna	Sardine	Tuna	Private	HN
	Cheryl		Octopus	Salmon	Sardine	Salmon	
	Brad Mel		Jnr Dolphin (3.30pm to 4.30pm)				
		SQUAD (3.30pm to 5.00pm)					
Tuesday	Cheryl		Tuna	Salmon	Tuna	Sardine	
	Brooke		Octopus	Sardine	Octopus	Private	
	Deanna		Sardine	Tuna	Salmon	HN	
	Mel Brad		Jnr Dolphin (3.30pm to 4.30pm)				
		SQUAD (3.30pm to 5.00pm)					
Wednesday	Anthony		Tuna	Salmon	Octopus	HN	Private
	Mel		Sardine	Octopus	Tuna	Salmon	HN
Thursday	Anthony		Octopus	Salmon	Octopus	Sardine	
	Brad		Sardine	Tuna	Salmon	Tuna	
	Kate		Octopus	Octopus	Octopus	Private	HN
	Mel		Jnr Dolphin (3.30pm to 4.30pm)				
		SQUAD (3.30pm to 5.00pm)					
Friday	Brooke		Salmon	Octopus	Octopus	HN	Private
	Deanna		Sardine	Sardine	Tuna	Salmon	



YMCA Learn to Swim Program

Enrol your child into Term 1 lessons at WIRAC and pay just \$145 for the term. Term 1 program starts on Monday the 22nd of January to Thursday the 29th of March for 10 weeks.

Each class has a limited number of spots, so please book early.

Booking and payment are essential to secure your child's spot.

Classes do not automatically roll over from the previous term and are subject to change at YMCA discretion.

SQUAD

Students must have completed Dolphin level and/or must be able to complete a 100m medley in under 3 minutes.

Lessons are on a casual basis at \$14.00 per session. Maximum of 3 sessions offered. (Bookings not necessary).

Our Teachers

All our Teachers hold well renowned Nationally accredited Austswim or Swim Australia Teacher of swimming and water safety certificates along with current CPR and working with children checks. All teachers delivering infant classes hold additional specialised qualifications. Our teachers regularly undergo training and attend professional development workshops to ensure their skills are at the highest level.

Students with high needs

More than just swimming lessons, the YMCA program offers classes for participants who have learning difficulties, are intellectually and/or physically challenged, or assessed as requiring a special needs program. Our lessons are conducted in an encouraging and social atmosphere with a specially qualified and experienced swimming teacher. Our High Needs program is designed specifically to meet the individual students needs and experience. Classes may be run as a specifically designed group class with a maximum ratio of one teacher to four participants, a one-to-one class (based on physical ability), or as part of a group class with a carer to assist, under direction of swim teacher.

Private Lessons (1-2 per class)

30 minutes private lessons are available on request. Private lessons have a maximum of 2 students.

Adult LTS

A lesson designed for adults with little or no swimming experience. Classes focus on overcoming fear of the water, gaining water confidence, floating, kicking and breathing techniques.

Warwick Indoor Recreation & Aquatic Centre

Contact:

29 Palmerin St, Warwick 4370
(07) 4661 7955

WIRAC Learn to Swim

BOOK NOW!

TERM 1 / 2018

LEARN TO SWIM PROGRAM

\$145 PER CHILD

10 week program commencing Monday 22 January to Thursday 29 March

Term 1 - 2018

