

## Welcome to YMCA leading Learn to Swim program

- Term 3 program starts on Monday the 16th of July 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 \$120.00 + Admin fee \$5.00
- **After School Program**
- **Infant Program (6 months – 3.5 years)**

Levels	Class Information
<b>OCTOPUS</b>	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.
<b>SARDINE</b>	Classes focus on water safety, introduction to freestyle and backstroke.
<b>SALMON</b>	Classes focus on water safety, personal survival skills, freestyle with breathing, and backstroke. Introduction to survival backstroke.
<b>TUNA</b>	Classes focus on water safety, personal survival, freestyle, backstroke and survival backstroke. Introduction to breaststroke and butterfly.

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.

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

- **Dolphin Program**

Swimmers must have completed TUNA level.

Levels	Class Information
<b>JNR Dolphin</b>	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
Monday	Nikki		Periwinkle/ Minnow	Tadpole	Tadpole	
Tuesday	Mel	Adults	Periwinkle/ Minnow	Tadpole	Tadpole	
Thursday	KP		Periwinkle/ Minnow	Tadpole	Tadpole	
Friday	Mel		Periwinkle/ Minnow	Tadpole	Tadpole	High Needs
Saturday	Mel		Periwinkle/ Minnow	Tadpole	Tadpole	
	Deanna		Octopus	Sardine	Salmon	

## Afternoon Class Timetable

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



## YMCA Learn to Swim Program

Enrol your child into Term 3 lessons at WIRAC and pay just \$120.00 plus Admin fee \$5.00 for the term. Term 3 program starts on Monday the 16th of July to Saturday the 22nd of September 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 2 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.

## Private Lessons (1-2 per class)

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

## 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.



## 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.

## Adult Squad

For competitive swimmers, triathletes, masters and surf swimmers as well as those simply **swimming** for fitness.

# WIRAC Swim School



## Term 3 - 2018

Commences the 16th of July

