

## Welcome to YMCA leading Learn to Swim program

- Term 1 program starts on Tuesday the 29th 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 + admin fee \$5.00



### After school program

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.

### Infant Program

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		Minnow	Tadpole	Tadpole	
Tuesday	Mel	Adults	Minnow	Tadpole	Tadpole	
Thursday	Justyn	Periwinkle	Minnow	Tadpole	Tadpole	HN
Friday	Brooke	HN	Minnow	Tadpole	Tadpole	HN
Saturday	Brooke	Periwinkle	Minnow	Tadpole	Tadpole	HN
	Jenny	Tuna	Octopus	Sardine	Salmon	Octopus

### Afternoon Class Timetable

DAY	Teacher	2.00pm	2.30pm	3.00pm	3.30pm	4.00pm	4.30pm	5.00pm	5.30pm
Monday	Brooke	HN	HN	HN	Salmon	Octopus	HN	Salmon	Private
	Kate				Tuna	Sardine	Tuna	HN	Private
	Cheryl				Octopus	Salmon	Sardine	Tuna	
	Brad				JNR	Dolphins	Private	Sardine	
	Cheryl				Tuna	Salmon	Tuna	Salmon	
Tuesday	Brooke			HN	Octopus	Sardine	Octopus	HN	
	Jenny				Sardine	Octopus	Salmon		
	Brad				JNR	Dolphins	Private	Private	
Wednesday	Brooke	HN	HN		Sardine	Salmon	Octopus	HN	
	Brad				Sardine	Octopus	Tuna	Octopus	
Thursday	Kate				Octopus	Octopus	Sardine	Private	
	Deanna				Sardine	Tuna	Octopus	HN	Private
Friday	Cheryl				JNR DOLPHINS		Octopus	Sardine	
	Mel				Salmon	Octopus	Octopus	Tuna	
	Deanna	HN			Sardine	Sardine	HN	Salmon	
	Brooke	HN	HN		Tuna	Private	HN	Sardine	

### Squad

Monday, Tuesday and Thursday afternoons at 3.30pm to 5.00pm



## YMCA Learn To Swim Program

Enrol your child into Term 1 lessons at WIRAC and pay just \$145.00 plus Admin fee \$5.00 for the term. Term 1 program starts on Tuesday the 29th of January to Saturday the 6th of April 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. (Bookings not necessary). Ask reception for more details

### 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 minute private lessons are available on request. Private lessons have a maximum of 2 students. As reception for more details.

## 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 at \$14.50 per session.

Classes focus on overcoming fear of the water, gaining water confidence, floating, kicking and



## Warwick Indoor Recreation & Aquatic Centre

29 Palmerin St, Warwick 4370

(07) 4661 7955

[www.wirac.com.au](http://www.wirac.com.au)

[wirac@ymcabrisbane.org](mailto:wirac@ymcabrisbane.org)

[facebook.com/ymca.wirac](https://facebook.com/ymca.wirac)

## WIRAC Learn To Swim



**Term 1 - 2019**

**Commences the 29th of January**

