

Learn to Swim

Dave Hume Pool

KATIKATI



Team Shorebreak Inc

TERM 4 2018

Monday, Tuesday, Wednesday, Thursday after school

8 weeks

Starts Monday 29 October 2018

Ends Thursday 20 December 2018

All enquiries to Sheryl at team.shorebreak@xtra.co.nz

Learners will be allocated to classes based on ability and bookings at each level. School age children only.

Assessments available between 8 - 12 October by appointment

Choose one, two or three days each week .

One day per week (8 lessons) — please specify —\$95.00

Three days per week (24 lessons) - please specify— \$250.00

Two days per week (16 lessons) — please specify— \$175.00

Class fees do NOT include pool admission

All classes are 25 minutes long.

Class Levels -

Beginner 0:

Not confident in the water

Beginner 1:

Confident Floater—front and back
Retrieving objects

Beginner 2:

Stroking—freestyle and backstroke
Streamlined body
Introducing breathing

Beginner 3:

Breathing confidently—15 metres
Backstroke—15 metres
Learning to dive
Introducing breaststroke

Beginner 4:

Breathing confidently—33 metres
Backstroke— 33 metres
Breaststroke— 15 metres
Dive and swim
Learning tumble turns

- All swimmers will be placed in a class/level best suited to their ability and needs..
- Squad programmes—Pre Development; Development; Junior; Adult; and Competitive will begin Monday 15 October, 2018. Please ask for details

All enquiries to team.shorebreak@xtra.co.nz

Please provide the following information—learners name, preferred days, date of birth, contact email and phone number and your best estimate as to the class level (we reserve the right to make adjustments once lessons have started)