

# Swim School NEWSLETTER

TERM TWO JUNE 2021

Kia Ora,

Tēnā koutou katoa  
whānau,

We are glad you are taking the time to read our newsletter. It feels like the swim school Term two is so much busier than we had expected.

Ngā mihi,

*Klavdiya*

and the swim school team: Maree, Rumi, Etsuko, Ailin, Eloise, Nakita, Louis, Melissa, and Lisa.

## Contact Us

Splash Palace  
Swim School

Phone: 217 7506  
extension 3  
Email: [swimschool@  
splashpalace.co.nz](mailto:swimschool@splashpalace.co.nz)

## Boating Survival and Safety Course



ABOVE: The Swim School team in action!

Our swim teachers recently attended a professional development session on Boating Survival and Safety so we can further our students' knowledge and understanding of the principles of staying water safe.

## REMEMBER...

### PARENTS / SPECTATORS:

- \* If you or your child are suffering from cold/flu symptoms (cough, sore throat, temperature) please do not attend the centre.
- \* All spectators entering the centre are encouraged to sign in or scan the QR code at reception for contact tracing purposes.
- \* Please use the hand sanitiser at reception upon entry into

the centre. Other stations are located throughout the centre.

### SWIMMERS:

- \* Do not attend lessons or enter the centre if you are suffering from cold/flu symptoms.
- \* Please use the hand sanitiser at reception upon entry into the centre.
- \* Please swipe your swim school card at reception to record your entry.

For further questions about the Swim School, please email [swimschool@  
splashpalace.co.nz](mailto:swimschool@splashpalace.co.nz)

# Term 3 Dates

Day	First lesson	Last lesson	No. of lessons
Mondays	26 July 2021	27 Sept 2021	10 sessions
Tuesdays	27 July 2021	28 Sept 2021	10 sessions
Wednesdays	28 July 2021	29 Sept 2021	10 sessions
Thursdays	29 July 2021	30 Sept 2021	10 sessions
<b>Fridays</b>	<b>No lessons</b>		
Saturdays	31 July 2021	2 Oct 2021	10 sessions
Sundays	<b>Block One</b> 1 Aug 2021	29 Aug 2021	5 sessions
	<b>Block Two</b> 5 Sept 2021	3 Oct 2021	5 sessions

## School Holiday Lessons

We will have a two-week holiday programme in July 2021.

**Week one:** 12 July (5 sessions) **Week two:** 19 July (5 sessions)

The holiday programme is a great way to consolidate the skills learned during the term or for stroke correction. These sessions are great introductory classes for new learners. It is incredible how much is retained through continuous lessons over the five days.

LESSONS / LENGTH	PRICE	SWIMMING LEVEL(S)
Week one and two: 5 x 30 min	\$52.50	Turtle (preschool), Lobster (beginner school age)
5 x 45 min	\$73.40	Porpoise, Dolphin, Shark, and advanced levels: Seal, Penguin, Mussel

*Lesson length is determined by swimming ability/class level.*

If you would like to enrol for the holiday programme, please fill in an enrolment form from reception or by email: [swimschool@splashpalace.co.nz](mailto:swimschool@splashpalace.co.nz)

### CANCELLATIONS

Please advise the swim school office by phone or via email at [swimschool@splashpalace.co.nz](mailto:swimschool@splashpalace.co.nz) if you wish to cancel any future bookings - not verbally over the side of the pool.

### WAITLIST

Please be aware that there is an active waitlist for many classes. As such, if you cancel your enrolment your space will be allocated to the next person on the list.

### CERTIFICATES

Only students who completed all the required criteria for their

level will receive a new certificate. If parents would like to know about their children's progress in more detail, please contact Swim School.

### TEACHER CHANGES

Our swim school prides itself on the continuity of the instructor. However, there are times our teachers need to be away, either due to exams, ill health, or other commitments. We do appreciate your understanding in these situations. When a replacement teacher is arranged, we endeavour to have this same replacement where possible.

### RE-ENROLMENTS AND PAYMENTS

A friendly reminder that a re-enrolment form or email is to be completed if you would like to enrol for Term Three. Enrolments are not automatic for the following term.

Once we have booked your child in the system, we will email a confirmation time and day of lessons. If you have requested a re-enrolment and received a confirmation email, please ensure the details in the confirmation email are correct. Please check your junk and spam folders as the emails sometimes land here. If you have re-enrolled for Term 3 and have not received a confirmation email, please let us know by emailing [swimschool@splashpalace.co.nz](mailto:swimschool@splashpalace.co.nz)

**Please ensure payments are made within the first two weeks of lessons. If payment has not been received by then we will send out a reminder text or email. If the payment has not been received by week three of lessons your child will be unable to take part. Please make every effort to pay on time, if you are having difficulty paying please talk to Klavdiya the Swim School Supervisor. Thank you.**

### COMMUNICATION

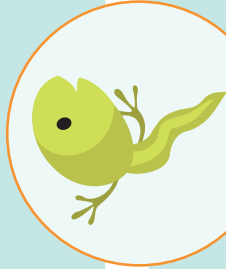
We love keeping you informed about what's happening during the term. This includes emailing you your booking confirmation, our newsletters, enrolment dates and any other important information. If you have given us your email address but haven't seen any emails, please check your junk mail folder and move it to your inbox or save it as a safe sender.

If you change your details, please update with swim school staff or reception.

Find us on 

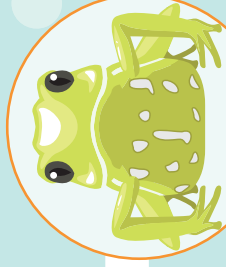
[www.facebook.com/splashpalace/](https://www.facebook.com/splashpalace/)

# Swim School Levels



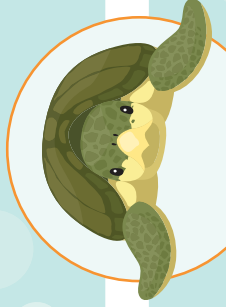
## Tadpoles

- Front tow and back tow
- Submersion
- Pushing off the wall: Front and kick
- Pushing off the wall: Back and kick
- Jumping off the mat



## Frogs

- Front tow and back tow
- Submersion
- Blowing bubbles
- Picking up toys
- Swimming on your front with support
- Swimming on your back with support



## Turtles

- Submerge and bubbles
- Floating on your back and your front
- Streamline glide
- Freestyle and Backstroke arm strokes
- Freestyle five metres
- Backstroke five meters



## Lobsters

- Safe entry and submersion
- Float on your front and back
- Streamline glide
- Freestyle and Backstroke with board
- Freestyle and Backstroke five metres
- Horizontal rotation



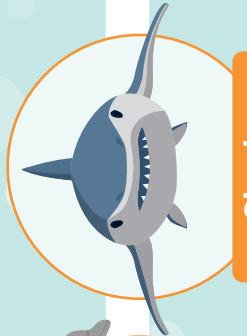
## Porpoises

- Freestyle 10 metres
- Freestyle 20 metres
- Side breathing after two and four strokes
- Backstroke 10 metres
- Backstroke 20 metres
- Breaststroke arms
- Breaststroke kick
- Sculling on the back



## Dolphins

- Freestyle 50 metres
- Backstroke 50 metres
- Breaststroke 25 metres
- Lifejackets



## Sharks

- Freestyle 200 metres
- Backstroke 75 metres
- Breaststroke 50 metres
- Fly kick 25 metres



## Penguins

- Freestyle 400 metres
- Backstroke 100 metres
- Breaststroke 75 metres
- Butterfly with breath
- Freestyle tumble turn
- Backstroke tumble turn
- Dive



## Seals

- Freestyle 800 metres
- Backstroke 200 metres
- Breaststroke 100 metres
- Butterfly 25 metres
- IM 100 metres
- Breaststroke touch-turn



## Mussels

- Freestyle 1,500 metres
- Backstroke 400 metres
- Butterfly 50 metres
- IM 100 metres

## Preschool Classes

- **Tadpoles** - Age: 6 to 18 months
  - Eight lessons one day a week Monday, Tuesday or Saturday mornings. Saturday classes in the Leisure pool.
- **Frogs** - Age: 18 months to 3 years
  - Eight lessons one day a week Monday, Tuesday or Saturday mornings. Saturday classes in Leisure Pool.
- **Turtles** - Age 3 to 5 years
  - Wednesday or Thursday afternoons or Saturday mornings. Learners Pool or Leisure Pool.

## School-age classes

- **Lobster** - School-Age Beginner Class
  - One day a week Monday, Tuesday, Wednesday Thursday from 3.30pm or Saturday morning. Learners Pool.
- **Porpoise** - School-Age Breather class
  - One day a week Monday, Tuesday, Wednesday, Thursday from 3.30 or Saturday Mornings. Learners Pool.
- **Dolphins** - School-Age
  - You must be able to swim 20 metres confidently to join this class.
  - One day a week Monday, Tuesday, Wednesday, Thursday from 3.30 or Saturday mornings. Main Pool.
- **Shark** - School-Age
  - You must be able to swim 50 metres confidently to join this class.
  - One day a week Monday, Tuesday, Wednesday, Thursday from 4.30pm or Saturday mornings. Main Pool.
- **Penguin** - School-Age
  - You must be able to swim 200 metres confidently to join this class
  - One day a week Monday, Tuesday, Wednesday, Thursday after 3.30pm or Saturday mornings. Main Pool.

## Seals

- School-Age, ¼ hour class
  - You must be able to swim 400 metres confidently to join this class
  - Monday, Tuesday, Wednesday Thursday after 3.30pm or Saturday mornings. Main Pool

## Mussels

- School-Age, 1-hour class.
  - You must be able to swim 800 metres under 24 minutes to join this class
  - Held Tuesday, Thursday 5.00pm or Saturday mornings. Main Pool. Flippers are required for this group.

## Adults

These classes cover from beginner adult to people wanting stroke technique. Classes are held one day a week, Wednesday at 8.00pm for eight weeks. Learners Pool and Main Pool.

## School Holiday Lessons

are held every holiday except between Christmas and New Year and the week of Easter. Classes are always in the morning. Turtles to Seals.

## One-on-one lessons.

For 6-month-olds to adults. Classes are held in a block of five lessons/weeks on a Sunday morning. Beginners classes 20 minutes. Advanced classes 30 minutes.