

	Tio Para / Oysters (30 min)	Wheke / Squid (30 min)	Koura / Crayfish (30 min)	Hoiho / Yellow Eyed Penguins (45 min)	Kekeno/Seals and Whakahao / Sea Lions (45 min)	Ahoaho / Dolphins and Mangō / Sharks (45 min)	Boating Class* (30 min)
Week One Mon-Fri 16-20 January	9.30am	10am	9.30am 11am	10am 10.45am	9.30am	10.15am	11.15am
Week Two Mon-Fri 23-27 January		10.30am	11.30am	11.30am			

Prices:

5 x 30 min holiday class: \$55
5 x 45 min holiday class: \$75

A minimum of **two** students are required for the Tio Para/Oysters and Wheke/Squid to go ahead.

A minimum of **three** students are required for Koura/Crayfish, Whakahao/Sea Lions,

Hoiho/Yellow Eyed Penguins, Kekeno/Seals, Ahoaho/Dolphins and Mangō/Sharks to go ahead.

Boating class:

In this class children have the opportunity to learn about boat safety and how to use a lifejacket correctly. **(Minimum four/ maximum 10).**

More classes are available on request and subject to minimum numbers required.

Alternatively if there are not enough students to run the class then the option of combining two classes is possible.



GROUPS LP = Learners Pool MP = Main Pool

Tio Para / Oysters (LP)

Previously called Turtles

For children semi-confident in the water, learning to blow bubbles from the mouth and nose and submerging while doing so. Parents are not required in the water.

Wheke / Squid (LP)

Previously called Advanced Turtles

Confident children that can go underwater easily learn how to float on front and back unassisted. Also where they learn safe entry and survival skills such as banana rolls.

Koura / Crayfish (LP)

Previously called Lobsters

Children that are confidently floating on front and back begin to learn how to kick strongly and with good technique - not lots of splashing. Learn how to do front crawl, backstroke and breaststroke kicks. Begin to learn how to do a really big push-off from the wall.

Hoiho / Yellow Eyed Penguins (LP)

Previously called Porpoises

This is where children learn to use their arms for front crawl, backstroke and breaststroke and how to add breathing into the stroke. Begin to learn sitting dives. The last two lessons are an introduction to the main pool for those students that the instructor feels are ready to move up a class the following term.

Kekeno / Seals (MP)

Previously called Dolphins

The first group that is in the main pool for the whole term. This is where technique correction happens. Begin to learn standing dives and tumble turns.

Whakahao / Sea Lions (MP)

Previously called Sharks

Technique correction continues to happen. Butterfly arms are introduced.

Ahoaho / Dolphins (MP)

Previously called Penguins

Where the distance happens; work towards achieving higher distance goals.

Mangō / Sharks (MP)

Previously called Seals/Mussels

Where speed begins to come in and students are starting to become ready to move into club level.

To enrol:

Contact Splash Palace Swim School:

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E: swimschool@splashpalace.co.nz

