



# SWIM SCHOOL

# HOLIDAY PROGRAMME

WEEK ONE: 30 Sept-4 Oct    WEEK TWO: 7-11 Oct

Tio Para / Oysters (30 min)	Wheke / Squid (30 min)	Kōura / Crayfish (30 min)	Hoiho / Yellow Eyed Penguins (30 min)	Kekeno / Seals and Whakahao / Sea Lions (45 min)	Ahoaho / Dolphins and Mangō / Sharks (45 min)	Private LP (30 min)	Private MP (30 min)
9.30am 10.30am	10am 11am	9.30am 10.30am	10am 11am	9.30am	10.15am	9am x2 11.30am	9am 11am

### Prices:

**30 min holiday class: \$60** (for 5 lessons)

**45 min holiday class: \$80** (for 5 lessons)

A minimum of 2 students for Oysters and Squids to go head.

A minimum of 3 students for Crayfish, Yellow Eyed Penguins, Seals/Sea Lions and Dolphin/Sharks and the boating class.

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.

### Private lessons:

**Learners pool:** 9am, 11.30am x 2

Further classes can be added every half an hour if previous spots are filled.

**Main pool:** 9am, 11am WEEK 1 ONLY

Further classes can be added every half an hour if previous spots are filled. 9am and 11.30am Week 2.

### Prices for Private lessons

5 x 20 mins = \$150

5 x 30 mins = \$170.



## GROUPS

LP = Learners Pool

MP = Main Pool

### Tio Para/Oysters (LP)

For children semi-confident in the water learning to blow bubbles from mouth and nose and submerging while doing so. Parents are not required in the water. (Min of 2/max of 4).

### Weke/Squid (LP)

Confident children that can go underwater easily and learn how to float on front and back unassisted. Also where they learn safe entry and the survival skills such as banana rolls. (Min of 2/max of 4).

### Kōura/Crayfish (LP)

Children that are confidently floating on front and back begin to learn how to kick strong and with good technique - not lots of splashing. Learn how to do front crawl and backstroke. Begin to teach how to do a really big underwater push-off from the wall. (Min of 3/max of 5).

### Hoiho/Yellow-eyed Penguins (LP)

This is where children get stronger, using their arms for front crawl and backstroke and adding breathing into the stroke. Begin to teach sitting dives and introduce breaststroke kick. (Min of 3/max of 6).

### Kekeno/Seals (MP)

The first group that is in the main pool for the whole term. This is where each child gets used to different water pressures through fun activities, along with technique correction, learning how to do breaststroke arms, and the safety aspect of treading water. 30 min class. (Min of 3/max of 8).

### Whakahao/Sea Lions (MP)

Technique correction continues to happen. Begin to learn standing dives and learn how to do tumble turns. 30min class. (Min of 3/max of 8).

### Ahoaho/Dolphins (MP)

Butterfly arms and racing starts are introduced, along with working towards achieving higher distance goals. Lifejacket safety on the last lesson of term. 45min class. (Min of 3/max of 9).

### Mango/Sharks (MP)

Where speed begins to come in. This is starting to become ready to move into club level. 45min class. (Min of 3/max of 10).

### Private lessons

Private lessons can be for 20 or 30 minutes for five lessons.

## TO ENROL:

Contact Splash Palace Swim School:

P: 217 7506 ext 3

E: [swimschool@splashpalace.co.nz](mailto:swimschool@splashpalace.co.nz)

+ Show your Community Services card and **SAVE 20%!**

+ **SAVE 10%** when you sign up 3 + kids

## MEMBER BENEFITS

SCAN YOUR SWIM SCHOOL CARD AND GET:

+ **15% OFF** retail

+ **15% OFF** hot drinks

