



Learn to Swim Term 4 - 2024

Commences: Monday 14 October 2024

General bookings open: Tuesday 24 September 2024

The focus of our programme is to provide children with a strong foundation of balance and body positioning in the water and then build on these skills. Learning to swim is a life skill and takes time.

Group Lessons (25 minutes)

Levels	1	Building confidence: This level introduces children to the water and builds confidence while working on their floating skills. (4 children)
	2	Body positioning: Children learn to float unassisted and focus on the basic building blocks to good swimming techniques. (5 children)
	3	Movement through the water: Children build on the basic skills they have learnt with the introduction of arms and become more aware of how their body moves. (6 children)
	4	Introduction to breathing: Children continue to work on their arms stroke and learn the basic breathing skills and water safety. (6 children)
	5	Breathing through the water: Children continue to work on breathing and arm strokes, while transitioning into the lane pool (taught in both learners and lane pool). (6 children)
	6	Breathing: Children start to breath bi-laterally and start putting their breast-stroke arms and legs together. This is taught in the 25m lane pool. (6 children)
	7	Putting it together: Children swim freestyle, backstroke and breast-stroke with good technique and butterfly kick is introduced. (6 children)
	8	Competent swimming: Children continue to work on technique for all strokes but also have some distance swims added. (6 children)

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Lesson times

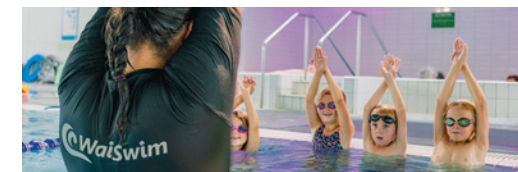
Dudley Park Aquatic Centre		Kaiapoi Aquatic Centre	
Monday to Friday	3.30-5.30pm	Monday to Thursday	3.30-6pm
Saturday and Sunday	9am-12.30pm	Saturday	9am-12.30pm

Prices

Class	Mon & Fri (8 weeks)	Tues, Wed, Thurs (9 weeks)	Sat & Sun (7 weeks)
Group	\$111.20	\$125.10	\$97.30
Individual	\$222.40	\$250.20	\$194.60
Shared	\$279.20	\$314.10	\$244.30

Individual lessons:
one-to-one tuition, 15 minutes

Shared lessons:
two-to-one tuition, 15 minutes
(two children at the same level)



Registration information and conditions

- Some class times may vary. Please see reception for more details.
- Payment is required at time of booking. A confirmation receipt will be issued on payment.
- Waimakariri District Council Aquatic Centre reserves the right to cancel any programme where insufficient enrolments are received. A full refund will be issued under these circumstances.
- Instructors may change from time to time due to circumstances beyond our control.
- No lessons are held on public holidays or the weekend of public holidays.
- Have your child poolside and ready for their lesson.
- It is recommended not to eat within 20 minutes of entering the water.
- It is recommended participants who have had diarrhoea do not swim for two weeks.