

Holiday Intensives

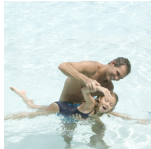
Week One: Monday 29th March – Thursday 1st April inclusive (4 days).

Week Two: Tuesday 6th – Friday 9th April inclusive. (4 days)

Venue is at the Swim Studio and conditions apply as it is in a residential house. The pool is **outdoors** but sheltered and warm. Timid beginners (Beginner A's) will have 30 minute classes, all others are 45 minutes.

Private lessons are also available subject to request and space.

- Morning Sessions: Between 9am and midday
- Afternoon Sessions: Between 1pm and 6pm



Please fill in and return the enclosed booking form together with your payment and we will forward you our terms and conditions which must be completed should you wish to proceed. If we are unable to offer you a place, we will fully refund your money.

Cost: 4 days (45 minute classes) \$80
4 days (30 minute classes—Beg A) \$60

See over for private lesson charges.

Payment must be received with this form.

H²O reserve the right to cancel lessons due to low numbers or inclement weather. Generally lessons will **ONLY** be cancelled in the event of **HEAVY** rain, thunder or lightning.

Other Services

For further information on the following please ask for our brochures, OR download from our website, OR call or email our office.



- Swimming Squads (entry competencies may apply).
 - Teen Fit - Swimming for fitness not competition.
 - Pre Squad - Race skills and learning to train.
 - Development Squad - fitness and competition
 - State Squad - fitness and competition at State level
 - National Target Squad targeting State and National Championships
- We are affiliated with MH²O Swimming Club.
- Adult Learn to Swim - Private lessons by appointment
- Adult Stroke correction and skill development
- Adult Fitness Squads - Novices, triathletes, fitness swimmers, open water swimmers and competitive pool swimmers.
- Masters Club and Competitions.
- We can visit you. We will develop swimming clinics and workshops for teachers, coaches and/or swimmers, according to your needs. We can arrange updating points for accreditation.
- Our teachers and coaches are assisting schools with their swim teams. Call us to see how we can help you!



PO Box 47
Darling South
VIC 3145
Phone: 9572 3005
Pool Weekends Only: 0409 867 309
Fax: 9572 3006
E-mail: h2o@hotkey.net.au
www.h2oswimming.com.au

Learn To Swim Information and Booking Details

Term 2 2010

Begins: 17th/18th April.

Concludes: 19th/20th June.



As we are heavily booked, current students must rebook for Term 2 2010 **by the final day of Term 1, 21st March**, or risk losing your place. **A discount and FREE DVD (see inside for details) applies if you book and pay by this date.**

Phone 9572 3005

Learn To Swim

H²O Swimming Works is committed to providing your child with the highest quality learn to swim program within a friendly and supportive environment. We offer group lessons as well as privates.

VENUES

1. **Lauriston Girls' School (LGS)** Enter Mercer Rd Armadale. Every Saturday afternoon 1pm to 4.30pm and Sunday 11am to 4pm. 4 years and over. Indoor, 6 lane, 25m heated pool. (Melways 58 E9)
2. **The Swim Studio** 38 Grant St East Malvern. Monday to Friday 9am to 6pm and Saturday 9am to 1pm—by appointment only, conditions apply. Confident beginners 5 years and over. Specialising in adult learn to swim and stroke correction. Outdoor, single lane, heated 20m (59 12H).

REBOOKING AND FREE DVD

Current swimmers are given priority placement **only** if confirmation and payment is received by the due date. **For this term only we have a special offer FREE DVD featuring Laurie Lawrence called "Living With Water" which is a comprehensive guide to Water Safety for Under 5's. This is a strictly limited offer to the first hundred families who book and pay by March 21st.**

NEW ENROLMENTS

Please forward completed application form with payment as soon as possible. Bookings will be allocated on a first come first serve basis where spaces permit. Money will be returned if we are unable to offer you a place. An administration fee of \$25.00 will apply should you confirm a place and then cancel. If you are uncertain which level would be suitable for your child, please phone the office to arrange for a free assessment. Most children are assessed prior to beginning as each swim school uses a different grading system that may not be compatible with ours. Class times will be confirmed no later than the first week in Term 2.

Price List

GROUP LESSONS (45 MINUTES)

Term 2 is an 8 Week Term



| | Pre-Payment * | Normally |
|------------|---------------|----------|
| 1 child | \$155 | \$160 |
| 2 children | \$310 | \$320 |
| 3 children | \$460 | \$480 |

* pre payment discount is only applicable for Term 2 enrolled swimmers if payment is received by **March 21st.**

PRIVATE LESSONS (30 MINUTES*)

Available for one, two or three swimmers during the term and during school holidays:

| | | |
|------------------------|------|-------|
| 1 swimmer per class @ | \$35 | \$280 |
| 2 swimmers per class @ | \$55 | \$440 |
| 3 swimmers per class @ | \$70 | \$560 |

*Longer classes are available upon request. Please ask for our Pre Payment discount if paying by the due date.

Cash, cheque, EFTPOS or credit card (Visa/MasterCard) accepted. Please make cheques payable to:

H²O Swimming Works

If new or returning after a break, please fill in and return the enclosed form together with your fee.

LTS ABSENCES, MAKEUPS & CANCELLATIONS

- Maximum of TWO Make-up lessons per term if the office is notified of swimmers' absence by 3.00pm Friday & space permits.
- No deductions for missed lessons.
- Refunds given only in extreme circumstances, upon medical certificate.
- No make-ups in holidays
- No private make-ups; group lessons will be offered in their place (unless arranged in advance with the office & teacher.)

Swim to Live: Live to Swim

Swimming Levels

Our program consists of 7 learn to swim levels and 6 Squad levels.



LEARN TO SWIM

Beginner A: Timid Beginners. Water familiarisation and introduction of swimming skills.

Beginner B: Willing to put head & face under water - can torpedo. Swimming short distances unaided. Developing Freestyle and Backstroke arm strokes.

Beginner C: Can swim Freestyle and Backstroke unaided. Further refinement on strokes and co-ordination on breathing. Introduction of Survival Backstroke.

Beginner-Inter: Consolidating Freestyle, Backstroke and Survival Backstroke by fine-tuning co-ordination and building distance.

Intermediate: Can swim 25m Freestyle, Backstroke and Survival Backstroke. Fine tuning technique particularly developing bent arm recovery in Freestyle and life saving backstroke with Breastroke kick.

Inter-Advanced: Can swim 50m Freestyle. Emphasis on technique and endurance. Backstroke, developing bent arm pull. Breastroke co-ordination and timing is developed.

Advanced: Can swim 200m Freestyle and can maintain technique with all strokes over increasing distances. Skills as a precursor to squad level entry such as dives and somersaults will be developed. Bent arm pull on Freestyle and Backstroke is refined.

We believe our longer classes, a curriculum that has evolved from over 30 years within the industry, and an emphasis on teaching methodology produces skilled swimmers with outstanding technique.

Booking Form

Holiday Intensive

| | |
|-------------------|--------|
| 1. Swimmer's Name | Age |
| 2. Swimmers Name | Age |
| 3. Swimmers Name | Age |
| Address | PC |
| Ph. home | Mobile |
| Email | |

Please tick preferences: Morning classes are held between 9am and midday; Afternoon classes are held between 1pm and 6pm.

- Week One: 29th Mar – 1st April AM PM
- Week Two: 6th – 9th April AM PM

Put a number for each swimmer in corresponding box

- | | |
|-----------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> Don't know need assessment | <input type="checkbox"/> Beg Int |
| <input type="checkbox"/> Beg A | <input type="checkbox"/> Inter |
| <input type="checkbox"/> Beg B | <input type="checkbox"/> Int Adv |
| <input type="checkbox"/> Beg C | <input type="checkbox"/> Adv |
| <input type="checkbox"/> Private | <input type="checkbox"/> Group (max 4 or 5 per class) |



Swimming For The Whole Family

**Fax to 9572 3006 or send to
PO BOX 47 Darling South 3145**



Booking Form

Term 2 2010

| | |
|-------------------|--------|
| 1. Swimmer's Name | Age |
| 2. Swimmers Name | Age |
| 3. Swimmers Name | Age |
| Address | PC |
| Ph. home | Mobile |
| Email | |

Please tick preferences

- Lauriston Saturday Lauriston Sunday
- Swim Studio

Put a number for each swimmer in corresponding box

- | | |
|--------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> Beg A | <input type="checkbox"/> Beg B |
| <input type="checkbox"/> Beg C | <input type="checkbox"/> Beg-Int |
| <input type="checkbox"/> Int | <input type="checkbox"/> Int-Adv |
| <input type="checkbox"/> Adv | <input type="checkbox"/> Don't know need assessment |

Payment included Yes No

