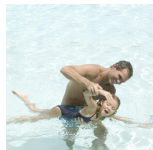


## LTS ABSENCES, MAKEUPS AND CANCELLATIONS



- There are no deductions for missed lessons
- If absences are correctly notified *at least* 24 hours in advance, TWO lessons can be made up within a term IF and WHERE space exists.
- When we are full, make-ups can only occur if someone else is absent and has followed correct procedure in notifying us in advance. This then allows us time to organise an alternative swimmer. If you need a makeup you need to phone us to arrange. We do our best to schedule your makeups at a time to suit but this cannot be guaranteed..
- Makeups cannot be carried over into the next term.
- Refunds given only in extreme circumstances, upon medical certificate.
- No private make-ups; group lessons will be offered in their place (unless arranged in advance with the office & teacher.)

## GENERAL INFORMATION

- Swimming lessons are just like any other lesson conducted at school and should be treated the same. We expect swimmers to be punctual to class, correctly attired and have visited the bathroom. Classes will not be extended for late arrivals.
- If you are bringing other children with you to watch the lessons please remember that they must be actively supervised at all times.
- Spectators are required to sit in the chairs provided or in the grandstands.
- Any questions or problems must be addressed to the teaching supervisor or desk person.
- The Handbury Center is NOT available for public or lap swimming.

## SWIMMING ATTIRE

- All students are expected to wear a cap while in lessons and we recommend the use of goggles.
- Board shorts are not permitted and girls must wear a one piece bathing suit.
- Rash vests may be worn in our first 3 levels.
- **Loose fitting tops are not allowed as they create additional drag, impede movement thereby interfering with the execution of correct technique.**

## Other Services

For further information on the following please call or email our office.



- We are affiliated with MH<sup>2</sup>O 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 are affiliated with Powerpoints Masters Swimming Club.
- Our teachers and coaches are assisting schools with their swim teams. Call us to see how we can help you!



38 Grant St.  
East Malvern  
VIC 3145

Phone Office: 9572 3005

Nik: 0422 799 406

Fax: 9572 3006

E-mail: [anita.h2o@hotmail.com](mailto:anita.h2o@hotmail.com)

Anita: 0402 739 827

[www.h2oswimming.com.au](http://www.h2oswimming.com.au)

## Learn To Swim Information and Booking Details

Term 1 2012

Tues: Jan 31st-March 27th incl.  
Thurs: Feb 2nd-March 29th incl.  
Sat: Feb 4th-March 31st incl.

**NOTE: Sat 10th March  
cancelled due to Labour Day  
weekend.**



**Handbury Centre for Wellbeing  
Geelong Grammar School  
50 Biddlecombe Avenue, Corio**

Phone Office hours:  
Tuesday, Wednesday & Friday

10am-3pm

**03 9572 3005**

Or

**Anita: 0402 739 827 OR**

**Nik: 0422 799 406**

## Learn To Swim

H<sup>2</sup>O 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, that allow all swimmers irrespective of their age, to progress through our structured progressive program.

As pioneers and innovators within the industry, we believe our smaller class sizes; longer class times, a curriculum that has continuously evolved from over 30 years within the industry, and ongoing teacher training produces skilled swimmers with outstanding technique.

We are proud to now be associated with the Handbury Centre for Wellbeing and to provide the residents of the greater Geelong area with quality swimming services.

### VENUES

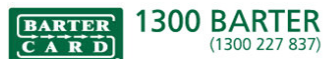
1. Handbury Centre for Wellbeing, Geelong Grammar School. 50 Biddlecombe Avenue, Corio.
2. Lauriston Girls' School—Armadale
3. The Swim Studio—East Malvern
4. Melbourne High School—South Yarra
5. Prahran Aquatic Centre—Prahran

### NEW ENROLMENTS

Please phone the office for an application form and we will email or fax you a copy. Forms can also be collected from Reception at the Handbury Centre for Wellbeing.

Once we have received your form, you will be contacted shortly after to discuss lesson times & arrange a free assessment to grade your child according to our program structure.

We take Bartercard



## Swimming Levels

Our program consists of 7 learn to swim levels.



**Beginner A:** Timid Beginners. Water familiarisation and introduction of swimming skills. Max 3 per class—30 minutes

**Beginner B:** Confident Beginners. Willing to put head & face under water - can torpedo. Developing Freestyle, Backstroke and Survival Backstroke. Max 4 per class—30 minutes

**Beginner-Intermediate:** Can swim Freestyle and Backstroke 5meters unaided. Further refinement on strokes and co-ordination on breathing. Introduction of Breaststroke Kick. Max 5 per class—45 minutes.

**Intermediate:** Can swim 25m Freestyle and Backstroke. Fine-tuning co-ordination and building distance with bent arm recovery on Freestyle. Developing Life Saving Backstroke and Breaststroke. Max 6 per class—45 minutes.

**Inter-Adv:** Can swim 50m Freestyle, Backstroke. Consolidating all strokes. Refining Breaststroke coordination and timing. Introducing dolphin kick. Max 6 per class—45 minutes.

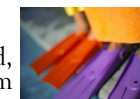
**Advanced:** Can swim 100m Freestyle and Backstroke. Emphasis on technique and endurance. Developing bent arm pull on both Freestyle and Backstroke. Butterfly is begun. Max 6 per class—45 minutes.

**Pre Squad:** 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. Up to 12 per class—60 minutes.

**Swim to Live: Live to Swim**

## Prices List

### GROUP LESSONS



Due to the Labour Day Weekend, Tuesday/Thursday is a 9 week term while Saturday is only 8 weeks.

	Per session	8 weeks	9 weeks
30 MINUTES	\$14	\$112	\$126
45 MINUTES	\$16	\$128	\$144
60 MINUTES	\$18	\$144	\$162

### PRIVATE LESSONS

Private one-on-one lessons are available where space and teachers permit, and recommended for adults wanting to learn to swim or improve technique, or for younger swimmers who are easily distracted, have specific needs or have technical issues that need to be addressed.

Swimmers coming from external programs may need some private lessons to fast track competencies to enable them to fit more easily into our levels. These are generally booked on blocks of 4. *Small discounts apply if you book a longer class time or a block of 4.*

	PER SESSION	BLOCK OF 4
30 MINUTES	\$35	\$135
45 MINUTES	\$50	\$190
60 MINUTES	\$65	\$240

### PAYMENT

New enrolment fees must be paid in full on confirmation of class times. Re-enrolments must be paid by the last lesson of the term to secure your spot in the following term.

Payment can be made by credit card (mastercard or VISA) over the phone or by cheque payable to H<sup>2</sup>O Swimming Works. Please include Child's full name plus lesson time/day on reverse and mail to:

38 Grant Street East Malvern, VIC 3145