

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.)

Holiday Intensives

Week One: Monday 19th—Thursday 22nd Dec

Week Two: Tuesday 3rd—Friday 6th Jan

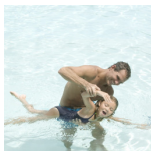
Week Three: Monday 9th—Friday 13th Jan

Week Four: Monday 16th—Friday 20th Jan

Week Five: Monday 23rd—Friday 27th Jan

No lessons on Thursday 26th Jan

Venue is at the Swim Studio and conditions apply as it is in a residential house. The pool is **outdoors** but sheltered and warm.



Bookings to be made by phone with full payment to be made at the time of booking. Price on application.

H²O reserve the right to cancel lessons due to inclement weather (only in the case of very high winds, thunder and lightning).

Bartercard Members

Selected services are now available on **Bartercard**. Please phone the office for

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!



38 Grant St.
East Malvern
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 1 2012

Begins: 4th/5th Feb

Finish: 24th/25th March



As we are heavily booked, current students must rebook for Term 1 2012 **by the due date** (see details of booking system elsewhere in this brochure) or risk losing your place.
A discount applies if you book and pay by this date.

Office hours: (Tuesday, Wednesday & Friday 10am-3pm)

9572 3005

Pool Phone for weekend calls ONLY:
0409 867 309

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).
3. **Melbourne High School (SYSC)** enter via the Sports Center on Chapel Street. We have some limited spaces on Monday and Wednesday at 4pm for those who prefer after school. Conditions apply due to depth and temperature constraints. Suitable only for swimmers Intermediate and above. Swimmers must provide their own equipment (Fins and Kickboard) Phone the office for further details.

REBOOKING

Class times will be carried forward to the next term as long as the swimmer remains at the same level, and payment is received by the due date. If your child has graduated to a higher level, we endeavor to keep the same lesson time, but this is not always possible.

Those wanting to rebook the same class and time MUST rebook by **Saturday 17th or Sunday 18th December**. Failure to do so by the due date will result in the space being declared vacant.

Swimmers who have been promoted and those requesting time or class changes must notify the office in advance and placements will be made in the last week of the school term.

Price List

GROUP LESSONS (45 MINUTES)

Term 1 is an 7 Week Term. (Note Swim Studio and SYSC prices differ as the term is longer)



	Pre-Payment *	Normally
1 child	\$155	\$165
2 children	\$310	\$320
3 children	\$465	\$475

* pre payment discount is only applicable for Term 1 enrolled swimmers if payment is received by **last lesson of Term 4 Sunday 18th December**.

PRIVATE LESSONS (30 MINUTES*)

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

	Pre-Payment *	Normally
1 swimmer per class @ \$40	\$270	\$280
2 swimmers per class @ \$65	\$440	\$455

*Longer classes are available upon request.

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.

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. 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 of the term prior to lessons resuming. Booking form sent upon inquiry.

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.