



YMCA WIRAC 2023

46 Weeks

LEARN TO SWIM PROGRAM

46 week LTS program commences in January 23rd, 2023.

Bookings are essential to secure your child's spot.

Fortnightly payment can be direct debited from your nominated bank account. (\$34.00/ FN).

Children enrolled in WIRAC's LTS are able to come and swim for FREE with one adult anytime the centre is open.

New Enrolment form is required for 2023.

Classes are subject to change at YMCA discretion.

2 week suspensions available per term with 14 days written notice.

14 days written notice required to cancel bookings.

Students with High Needs

WIRAC's High Needs Program is designed specifically to meet the individual student's needs and experience. The lessons are conducted in an encouraging and social atmosphere with a specially qualified swimming instructor

Private Lessons

WIRAC offers Private Lessons upon request. Private lessons are 30 minutes with a maximum of 3 students. For private lesson enquiry please email Donna (donna.luttrell@ymcabrisbane.org)

Infant Program

We aim to provide a safe and informative aquatic education experience for parent and child. Children attend with parent or carer for a stimulating movement and play with opportunities to explore and develop their physical abilities and social interaction focusing on water familiarisation and water safety in the aquatic environment.

LEVEL	AGE	CLASS DESCRIPTION
STARFISH	6-18 MONTHS	WATER FAMILIARISATION
PERIWINKLE	18 MONTHS TO 2.5 YEARS	WATER FAMILIARISATION
MINNOW	2.5 YEARS TO 3.5 YEARS	WATER FAMILIARISATION STARTING TO FOCUS ON WATER SAFETY AND INDEPENDENT SWIMMING
TADPOLE	3.5 YEARS + SCHOOL AGE	FOCUSES ON WATER SAFETY AND INDEPENDENT SWIMMING

After School Program

LEVELS	CLASS INFORMATION
OCTOPUS	BEGINNER LEVEL, FOCUSES ON MOVEMENT, WATER SAFETY AND INTRODUCTION TO AQUATIC ENVIRONMENT
SARDINE	THIS CLASS FOCUSES ON FREESTYLE, BACKSTROKE WITH INTRODUCTION TO BREASTROKE LEGS AND WATER SAFETY
SALMON	THIS CLASS FOCUSES ON FREESTYLE, BACKSTROKE, BREASTROKE AND DOLPHIN WIGGLES
TUNA	THIS CLASS FOCUSES ON STROKE CORRECTION OF ALL STROKES, DIVES AND TURNS AND STARTS
DOLPHIN	THIS CLASS ENHANCES FOUNDATION OF SKILL DEVELOPMENT PROVIDING A NON-COMPETITIVE ENVIRONMENT, HELPING WITH DISTANCE SWIMMING



2023 LEARN TO SWIM PROGRAM



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LEARN TO SWIM

MORNING CLASSES

CLASS/ LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SWIM PLAY				8:30AM		
STARFISH	9:00AM	9:00AM	9:00AM	11:00AM		8:30AM
PERIWINKLE	10:00AM	10:30AM	10:00AM	10:00AM	9:00AM	10:00AM
MINNOW	9:30AM	10:00AM	9:30AM	9:00AM	9:30AM	9:30AM
TADPOLE	10:30AM 11:00AM	9:30AM 11:00AM	10:30AM	9:30AM 10:30AM	10:00AM	9:30AM 10:30AM
OCTOPUS						9:00AM 9:30AM 10:30AM
SARDINE						10:00AM
SALMON						11:00AM

AFTERNOON CLASSES

CLASS/LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOPUS	3:30PM 4:30PM	3:30PM 4:00PM 5:00PM	3:30PM 4:00PM 5:00PM	3:30PM 4:00PM 4:00PM	3:30PM 4:00PM
SARDINE	3:30PM 4:00PM	3:30PM 4:00PM 4:30PM	3:30PM 4:00PM 4:30PM	3:30PM 4:00PM 4:30PM	3:30PM 4:00PM 4:30PM
SALMON	4:00PM	4:00PM	4:30PM	4:30PM	4:30PM
TUNA	4:00PM	4:30PM		3:30PM	
DOLPHIN	3:30PM TO 4:30PM	3:30PM TO 4:30PM		3:30PM TO 4:30PM	

SQUAD

Students must have completed Dolphin level and/ or must be able to complete a 100m medley in under 3 minutes.

Class Schedule:

Mon 3:30pm to 5pm

Tues 3:30pm-5pm

Thurs 3:30pm- 5pm

\$10 per lesson - Bookings not necessary



DID YOU KNOW?

Regular swimming lessons assist the development of gross motor skills, coordination and the left and right sides of the brain. Because swimming is an ambidextrous activity, it is thought to boost language development and help children learn to read and write.