

Welcome to YMCA leading Learn to Swim program

- Term 3 program starts on Monday 13th July for 10 weeks.
- Cost is \$130 per child, 10% discount applies to following children of the same family.
- Each class has a limited number of spots, so please book early.
- Booking and payment are essential to secure your child's spot.
- Classes do not automatically roll over from the previous term and are subject to change at YMCA discretion.

Infant Program (6 months – 3.5 years)

Our infant swimming program is conducted by our specially qualified and trained Infant Swimming Teachers. We aim to provide a safe and informative aquatic education experience for the parent and child. Children attend with a parent or carer for a stimulating movement and play experience with opportunities to explore and develop their physical abilities and social interaction in an aquatic environment. Activities include water safety skills, breath control skills, buoyancy and floatation, correct holds, kicking and submersions in an increasingly challenging program. Our fun yet safe environment includes activities to stimulate fine motor skills and foot/hand/eye co-ordination. Children benefit by developing self confidence, body awareness and control while laying good foundations of water safety and awareness and general physical co-ordination. All lessons are held in our indoor heated pool and run for 30 minutes.

STARFISH	6 months – 12months	Maximum 10 students per class
PERIWINKLE	12months – 24 months	Maximum 10 students per class
MINNOW	24 months – 36 months	Maximum 8 students per class

Levels	Class Information
TADPOLE (under 5 y.o.) OCTOPUS (5+ y.o.)	Classes focus on water safety and an introduction to the aquatic environment. These levels are age based and are for first-time swimmers or children that have just graduated from our infant program and are swimming for the first time without a parent or carer in the water.
GOLDFISH (under 5 y.o.) SARDINE (5+ y.o.)	Classes focus on water safety, introduction to freestyle and backstroke.
FLYING FISH (under 5 y.o.) SALMON (5+ y.o.)	Classes focus on water safety, personal survival skills, freestyle with breathing, and backstroke. Introduction to survival backstroke.
TUNA	Classes focus on water safety, personal survival, freestyle, backstroke and survival backstroke. Introduction to breaststroke and butterfly.
DOLPHIN SHARK	Classes focus on water safety, rescue & personal survival, skills, freestyle, backstroke, survival backstroke and breaststroke. Introduction to sidestroke and development of butterfly. Also introduction to tumble turns and competitive starts & finishes.

Morning Class Timetable

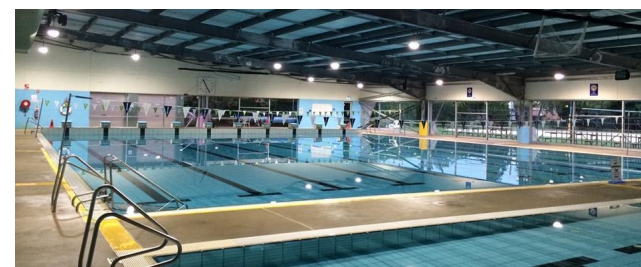
DAY	Teacher	9.00am	9.30am	10.00am	10.30am	11.00am	11.30am
Monday	Mel	Private	Starfish/Periwinkle	Minnow	Tadpole	Flying Fish	High Needs
Tuesday	Mel		Starfish/Periwinkle	Minnow	Tadpole	High Needs	High Needs
Thursday	Karen P			Minnow	Tadpole	Tadpole	
Friday	Carla		Starfish/Periwinkle	Tadpole	Tadpole		
Saturday	Lynda	Private	Starfish/Periwinkle	Minnow	Tadpole	Sardine	Salmon
	Brett	Salmon	Tuna	Salmon	Tuna		

Afternoon Class Timetable

DAY	Teacher	3.30pm	4.00pm	4.30pm	5.00pm	5.30pm
Monday	Phil	Salmon	Tuna	Tuna	Sardine	
	Lynda	Sardine	Salmon	Octopus	High Needs	High Needs
	Karen P	Dolphin/Sharks				
Tuesday	Cassie	Sardine	Tuna	Salmon		
	Lynda	Octopus	Sardine	Tuna	Salmon	
	Mel	Dolphin/Sharks				
Wednesday	Mel	Octopus	Salmon	Tuna	Sardine	
	Cassie	Salmon	Sardine	Octopus		
Thursday	Phil	Sardine	Tuna	Salmon	Tuna	
	Ellie	Octopus	Octopus	Private	Private	
	Karen P	Dolphin/Sharks			Private (Mel)	
Friday	Cassie	Sardine	Octopus	Private		
	Brett	Octopus	Salmon	High Needs	High Needs	
	Lynda	Salmon	Tuna	High Needs		

Adult Learn to Swim

DAY	9.30-10.15am
Monday	Intermediate
Wednesday	Beginner



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Our Teachers

All our Teachers hold well renowned Nationally accredited Austswim or Swim Australia Teacher of swimming and water safety certificates along with current CPR and working with children checks.

All teachers delivering infant classes hold additional specialised qualifications.

Our teachers regularly undergo training and attend professional development workshops to ensure their skills are at the highest level.

Can't find a suitable class?

If all our classes have filled or there is more demand for a certain level, we may add classes and/or teachers to the above timetable. If you cannot find a day or time that suits. Please let us know. We do still recommend booking for an alternate class just in case we are not able to add classes. Please see reception to be placed on our wait list.

Students with high needs

More than just swimming lessons, the YMCA program offers classes for participants who have learning difficulties, are intellectually and/or physically challenged, or assessed as requiring a special needs program. Our lessons are conducted in an encouraging and social atmosphere with a specially qualified and experienced swimming teacher. Our High Needs program is designed specifically to meet the individual students needs and experience. Classes may be run as a specifically designed group class with a maximum ratio of one teacher to four participants, a one-to-one class (based on physical ability), or as part of a group class with a carer to assist, under direction of swim teacher. High needs classes are \$13-50 per lesson.

Private Lessons (1-2 per class)

30 minutes private lessons are available on request. Private lessons cost \$39.00 with a maximum of 2 students.

Adult LTS

A lesson designed for adults with little or no swimming experience. Classes focus on overcoming fear of the water, gaining water confidence, floating, kicking and breathing techniques. \$130 per Term.

Warwick Indoor Recreation & Aquatic Centre

Contact:

29 Palmerin St, Warwick 4370
(07) 4661 7955

WIRAC Learn to Swim



Term 3 - 2015

