

# Learn to swim school holiday programme

## January 2022

### Important information

- Please advise the teacher if your child suffers from any illness or disability.
- We encourage the use of swimming goggles during swim lessons only. All swimmers over 3 years must wear swim caps; children under 3 years must wear Little Swimmer nappies.
- Please ensure your child is in the right lesson and ready to start on time.
- Our programme never replaces a parent's vigilance when it comes to children's safety in and around water.
- Parents/caregivers of children under 8 years are required to stay within the Aquatic Centre indoor pool area (not in the café/gym/sauna/steam) during lessons.
- Cancellations must be advised to the Swim School at least 48 hours before the course begins; withdrawal after this time will incur a penalty. No refunds will be issued once the course begins.



Visit [www.npdc.govt.nz/learntoswim](http://www.npdc.govt.nz/learntoswim)  
for information on prices, programmes  
and membership  
Phone: 06-759 6060



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## Class levels

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### **PRESCHOOLER (3-4 years)**

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For children who are independent and ready for basic skill development. From being confident in the water to introducing front and back streamline floating with gliding and kicking.

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### **ADVANCED PRESCHOOLER (3-5 years)**

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Caters for children who have been to lessons and are able to float on their front and back. Development of coordination of kicking, swimming strokes and breath control with other aquatic skills, e.g.: deep water swimming and diving.

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### **CONFIDENCE (5 per class)**

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To gain water confidence through play, submersion and water safety skills. To develop floating on their front and back, gliding and kicking.

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### **BEGINNER (6 per class)**

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To continue to gain confidence in floating, gliding, kicking and freestyle arm action along with back swimming. To start understanding the horizontal rotation for learning to breath.

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### **ADVANCED BEGINNER (6 per class)**

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For children who can swim the basic freestyle stroke. This course develops rhythmic bi-lateral breathing technique and backstroke skills, and introduces the dolphin kick.

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### **LEARNER (6 per class)**

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For children who can swim 10m continuously with breathing. This course introduces breaststroke and butterfly skills and some deepwater skills.

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### **ADVANCED LEARNER (7 per class)**

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For children who can swim 25m freestyle and backstroke. Developing breaststroke and butterfly skills; course includes survival skills.

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### **BREASTSTROKE/BUTTERFLY CLINIC**

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For children with basic breaststroke and butterfly skills who are looking to refine and fast-track these skills.

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## Class levels (continued)

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### **BEGINNER 9-16 years (6 per class)**

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For children aged between 9 and 16 years who don't have a lot of water experience or technique on stroke fundamentals. This class comprises skills from both Beginner and Advance Beginner lessons.

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## Lesson dates and times

### **Nine lessons during January \$99.00**

Tuesday 11th	Wednesday 12th	Thursday 13th
Tuesday 18th	Wednesday 19th	Thursday 20th
Tuesday 25th	Wednesday 26th	Thursday 27th

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Breaststroke/Butterfly Clinic	<b>8.15am - 9am</b>
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Preschooler, Beginner, Advance Beginner	<b>8.30am - 9am</b>
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Preschooler, Advance Preschooler, Learner	<b>9am - 9.30am</b>
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Confidence, Beginner, Beginner 9-16 years	<b>9.30am - 10am</b>
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Preschooler, Beginner, Advance Beginner, Advanced Learner	<b>10am - 10.30am</b>
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**Enquiries at Reception or Swim Office**  
**Phone 06-759 6060**  
**[swim.school@npdc.govt.nz](mailto:swim.school@npdc.govt.nz)**