REGISTRATION FORM Parent/Caregiver's name (if applicable): Address: Home phone: Work phone: Mobile phone: Email: I understand that my contact details may be used for notification of class changes and swim school correspondence. Please tick the box if you DO NOT wish to receive other QLDC Sport & Recreation promotional material such as special deals, upcoming events and programmes. SWIMMER ONE DETAILS Age: Date of birth: Swimmer's level: (to be determined at free assessment) Medical conditions (if any): SWIMMER TWO DETAILS Date of birth: Swimmer's level: (to be determined at free assessment)

To book your FREE assessment please contact the relevant swim school. Please bring this completed form with you.

Medical conditions (if any):

CANCE SWIM SCHOOL

Located at Alpine Aqualand, Queenstown and Wanaka Recreation Centre, QLDC Swim School provides the opportunity for everyone to learn to swim. From 6 months of age right through to adults, we have a learn-to-swim level here for you!

You and those you care about can learn the life skills of swimming and water safety in a positive, friendly environment. Our professional delivery of aquatic education provides our community with the means to safely access and embrace the many waterways of the Southern Lakes and beyond.

OUR INSTRUCTORS

All our instructors hold qualifications from Swimming New Zealand or AUSTSWIM and attend regular in-house training.

FACILITIES

At both Alpine Aqualand and Wanaka Recreation Centre you can enjoy our purpose built learners' pools maintained at a comfortably warm temperature. Both facilities have a separate shallow area for toddlers, an adult hot pool and a 25m lap pool. Alpine Aqualand also has two hydroslides and a 'lazy river' feature.

BOOKINGS (ONLINE BOOKINGS COMING 2019!)

For more information or bookings please contact either Aqualand Swim School on 03 450 9115 / aqualandswimschool@qldc.govt.nz or Wanaka Swim School on 03 443 9334 ext.2 / wanakaswims@qldc.govt.nz. We offer a free swim assessment for every new student and look forward to teaching your family the life skills of swimming and water safety.

SWIM NAPPY POLICY

Signed:

While in classes and swimming, all children under 3 years of age must wear swim nappies and tight fitting swim wear. The key requirement is that there are two lines of defence - nappy and togs. These are available for purchase at Customer Services or your nearest supermarket. Swim nappies can be disposable or reusable.

PAYMENT/CREDIT CARD DETAILS

Type of card: Visa Mastercard Expiry Date: /

Name of card holder:

Credit card number:

PENATE LESSONS

For complete one-on-one attention, we offer private lessons with a highly qualified swim instructor. Private lessons provide a very secure environment for those who have never learned to swim.

Fees: \$30 per child, approx 30 minutes

ABILITIES CLASSES

We also offer one-on-one classes for those with special needs, such as ADHD, Dyspraxia, Autism and Cerebral Palsy. Funding may be available through the Halberg Trust. See halberg.co.nz.

Fees: \$20 per child, approx 30 minutes

ADUST CLASSES

There is no time like the present to develop your swimming ability. Whether you are learning to swim for the first time or you would like to touch up your skills, our adult classes provide swimming tuition and technique correction to help you progress. The programme consists of two five-week blocks per term, or private lessons at any time.

Fees:

MEMBERS: \$55.00 per block of group lessons.

NON-MEMBERS: \$90.00 per block of group lessons.

PRIVATE LESSONS: \$50 per 30-min lesson for both members and non-members.



Queenstown Lakes District Council

Aqualand Swim School | Queenstown Events Centre T 03 450 9115 | E aqualandswimschool@qldc.govt.nz Wanaka Swim School | Wanaka Recreation Centre T 03 443 9334 | E wanakaswims@qldc.govt.nz

sportrec.qldc.govt.nz/swim



Swim School QUEENSTOWN LAKES DISTRICT COUNCIL



CARENT & GALD CLASSES ACES 6 - 85 CONTAS

It's never too early to learn, and babies love water! Introducing them to water at an early age will help them gain a lifelong skill. Classes are conducted with a parent or guardian in the water, so take this opportunity to bond with your child and improve their water confidence.



RUBBER DUCKIES (ages 6 - 12 months)

- 8 per class, 30 minutes
- Introduce your infant to the water
- Basic water safety at home and the pool



FROGS (ages 12 – 24 months)

- 8 per class, 30 minutes
- Submersion of your child
- Increased independent movement
- Floating and rotation skills



SPRATS (ages 24 - 36 months)

- 8 per class, 30 minutes
- Develop independent movement in the water
- Increase water confidence
- Encourage basic swimming

Fees: \$115 per term, based on 10 week term

While in classes and swimming, all children under 3 must wear swim nappies and tight fitting swim wear. Available for purchase at Customer Services.

स्टिश् ८ - पे श्टकारी स्टिश्कान्त त्त्रिश

Introduce your pre-schooler to the wonderful world of swimming! Our fun programme and awesome instructors will allow your pre-schooler to discover the water independently, gain confidence and learn how to enjoy the water safely.



HAPPY HIPPOS 4 per class, 30 minutes

- Safe entry and exit
- Repeated submersion with bubbles
- Assisted rotation front and back
- Unassisted flotation front/back and regain standing position



BUSY BEAVERS 4 per class, 30 minutes

- Safe entry and exit
- Unassisted push and streamline front/back
- Unassisted rotation glide in both directions
- Unassisted streamline kick front/back
- Introduce freestyle arm action



CRAZY CROCS 4 per class, 30 minutes

- Safe entry and exit
- Repeated rotate kicking between front and back 8m
- Backstroke 8m
- Freestyle 8m
- Breaststroke kick 5 kicks
- Butterfly (dolphin) kick 8m



SUPER SQUID 5 per class, 30 minutes

- Freestyle bilateral breathing 13m
- Backstroke 13m
- Breaststroke (pop-up breathing) 10m
- Butterfly (dolphin) kick 10m
- Tread water 10 secs

Fees: \$115 per term, based on 10 week term

श्वमञ्जा भट्ड बाम्स्यस

Our school age levels cater to all ages and abilities. Work your way through all the strokes: breaststroke, freestyle, backstroke, and butterfly. Swimmers will have a progressive set of goals to achieve and will receive a certificate at the completion of each term.

LEARNERS' POOL CLASSES



STARFISH 5 per class, 30 minutes

- Safe entry and exit
- Repeated submersion with bubbles
- Assisted rotation front and back
- Unassisted flotation front/back and regain standing position



TURTLES 5 per class, 30 minutes

- Safe entry and exit
- Unassisted push and streamline front/back
- Unassisted rotation glide in both directions
- Unassisted streamline kick front/back
- Introduce freestyle arm action



PENGUINS 6 per class, 30 minutes

- Safe entry and exit
- Repeated rotate kicking between front and back 8m
- Backstroke 8m
- Freestyle 8m
- Breaststroke kick 5 kicks
- Butterfly (dolphin) kick 8m



WATER RATS 6 per class, 30 minutes

- Freestyle bilateral breathing 13m
- Backstroke 13m
- Breaststroke (pop-up breathing) 10m
- Butterfly (dolphin) kick 10m
- Tread water 10 secs

LAP POOL CLASSES

OCTOPUS 6 per class, 30 minutes Answer two water safety questions

- Freestyle/breathing 1-2-3 20m
- Backstroke/shoulder roll continuous 20m
- Breaststroke continuous 15m Butterfly (dolphin) kick 12m
- Perform a push and glide on front into a forward somersault
- Perform a kneeling dive
- Mushroom float 5sec then stretch into a streamline float
- Tread water in deep water 15sec
- Introduce butterfly arms on poolside only



OTTERS 6 per class, 30 minutes

- Freestyle (bilateral breathing) 25m
- Backstroke (rotation) 25m
- Breaststroke (pop-up breathing) 25m
- Butterfly 5 full strokes
- Perform a kneeling/standing dive



DOLPHINS 7 per class, 30 minutes

- Continuously swim bilateral freestyle 50m Continuously swim backstroke with rotation 50m
- Breaststroke 50m
- Butterfly 15m
- Survival backstroke 25m
- Introduction to starts and turns

Freestyle/bilateral breathing with tumble turns 100m Backstroke with correct turns 100m

SEA LIONS 8 per class, 45 minutes

- Breaststroke with correct touch turn 100m
- Butterfly (good technique) finish with touch turn 25m
- Introduction to individual medley (fly/back/breast/free)



STING RAYS 8 per class, 45 minutes

- Freestyle/bilateral breathing/tumble turns 400m
- Backstroke with correct turns 400m
- Breaststroke with correct touch turns 400m
- Butterfly with correct touch turn 50m
- Individual medley (fly/back/breast/free) with correct turns 200m



SHARKS 16 per class, 60 minutes

• Proficient in all 4 strokes, starts, turns and finishes

Fees: Start at \$115 per term for one class per week for 10 weeks