

Holland Park Swim School

2 New Classes starting in January 2012

We will be adding **2 new classes** to our schedule starting week commencing 23 January 2012 – please see the new Term 1 schedule for details. We are lucky that Robyn, one of our new Swim Teachers/Coach is a qualified Aqua Fitness Instructor and Baby/Toddler Swim Teacher has offered to take these classes.



Low Impact Aqua Fitness 60 minute class

The first 45mins starts with gentle stretching & breathing exercises, moves onto conditioning exercises with interval work & circuit training. The last 15min is a warm down with yoga breathing & relaxation exercises.

Tuesday & Thursday mornings: 6-7am
Wednesday evenings: 7-8pm.

Looking for a class that fits in with the family but doesn't involve a gym membership, this could be what you've been looking for!

Price:

\$10 per class or \$90 for 10 class pass – no restrictions. No bookings required.



Baby/Toddler Swimming Lessons 30 minute class

Babies (4 to 18mths): In the pool with parent/carer - water familiarisation (awareness), assisted floating, basic water safety, , & parent awareness.

Toddlers (18 mths to 2 yrs): FUNDamentals – Introducing independent movement through water, water confidence, assisted floating, advanced water safety.

Advanced Toddler (2yrs – 3yrs): Comfortable submerging, relaxed in water, unassisted floating, advanced water safety.

Pre-Prep (3-5 years): Continuing independent movement through water, preparing for Level 1 when swimming strokes are introduced, safety awareness.

All classes are structured through play based learning.

Saturday mornings 9:15-11:15am

Price: \$13.50 per class.

Bookings are for school terms only (not weekly lessons). Term price varies depending on duration of term. Payment conditions & makeup lesson terms are the same as Learn to Swim. – see Jan at the pool for bookings or call on 0407 242 817 or Phil Hughes, Head Coach on 0434 867 017 after 2pm weekdays.