

Qualified

Aquatic Programs and Training
Passion-Access-Respect-Learning

*"To enrich lives of all through participation
and enjoyment of aquatic programs"*



Spring Holiday

Intensive Program 2011

Intensive programs are designed for swimmers to attend 5 consecutive days. This type of program helps swimmers improve their technique and swimming ability. It is also a good opportunity to get them out of the house during the holiday break.

Dates and Venues:

Week 1	19 September to 23 September 2011 Earnshaw State College Pool
Week 2	26 September to 30 September 2011 Earnshaw State College & Woolloowin State School

Please note that venues may change due to numbers, where all programs will be conducted at Earnshaw Pool.

Cost:

LTS Beginner & Adv	\$62.50 per week
Stroke & Ad Stroke	\$52.50 per week
Mini Squad	\$45.00 per week
Junior & Senior Squad	\$40.00 per week

Discounts: 10% for 3+ child

Lesson times are available over the page

Full Payment Due by 12th September 2011

Bookings: Rae Hancock 0412 327 144

rae@qualifiedaquatics.com.au

Lesson Times:

Earnshaw Pool – Week 1 and 2

LTS Beginner	From 9:00am
LTS Advanced	From 9:00am
Stroke/Adv Development	From 9:00am
All Squads	9:00am – 10:00am

Wooloowin Pool – Week 2

LTS Beginner	3:00pm - 3:30pm
LTS Advanced	3:30pm - 4:00pm
Stroke/Adv Development	4:00pm - 4:30pm
All Squads	4:30pm - 5:30pm

Note: additional classes will be added if numbers permit

Lesson Descriptions:

Beginner LTS

For swimmers (3½yrs+) that are learning water confidence, water safety and introduction to strokes. Swimmers will learn how to float, perform safety jumps and learn basic freestyle arm patterns as well as introduction to backstroke kicking.

Advanced LTS

For swimmers that are comfortable in the water and have learnt basic freestyle arms and confident backstroke kicking. They will be introduced to freestyle lateral breathing pattern and backstroke arm pattern. They will also be introduced to sitting and kneeling dives.

Stroke Development

For swimmers that can swim freestyle with correct breathing pattern (single or bilateral) for at least 12½m consistently with good technique. They need to perform basic backstroke. Swimmers will be introduced to breaststroke kick and basic breaststroke arm patterns. They will also be introduced to diving off the blocks.

Advanced Stroke Development

For swimmers that can swim freestyle for at least 25m consistently with good technique. They can perform backstroke for 12½m consistently with good technique. They can correctly perform breaststroke kick and have a basic knowledge of breaststroke arm pattern. Swimmers will learn more specific technique of breaststroke arm pattern and be introduced to butterfly kick and arms. They will also be introduced to turns and finishes of each stroke.

Mini Squad

For swimmers that can swim freestyle 50m, backstroke and breaststroke 25m with good technique. They can perform basic butterfly for 12½m. Swimmers will be introduced to basic competition skills and will improve their starts, turns and finishes in respective strokes.

Junior Squad

For swimmers that can swim freestyle 100m, backstroke and breaststroke 50m with good technique. They can perform basic butterfly for 25m. Swimmers will refine competition skills including their starts, turns and finishes in respective strokes. They will be working on their endurance levels.

Senior Squad

For swimmers that can swim freestyle 200m, backstroke and breaststroke 100m with good technique. They can perform basic butterfly for 50m. Swimmers will improve their competition skills including their starts, turns and finishes in respective strokes. They will improve on their endurance levels.