



# Wooloowin Swimming Program

## Term 4, 2011

**Dates:** 3<sup>rd</sup> October 2011 – 10<sup>th</sup> December 2011

**Duration:** 10 weeks – Tuesday, Wednesday & Thursday

Cost per Term	1 session/wk	2/session/wk
Toddler Time	\$125.00	\$237.50
LTS & Ad LTS	\$125.00	\$237.50
Stroke & Ad Stroke	\$105.00	\$199.50
Mini Squad	\$ 90.00	\$171.00
Junior & Senior Squad	\$ 80.00	\$152.00

**Discount:** ½ price for 3rd+ child

### Lesson Times

Toddler Time	from 3:00pm	Tuesday, Wednesday & Thursday
LTS Beginner	from 3:15pm	Tuesday, Wednesday & Thursday
LTS Advanced	from 3:30pm	Tuesday, Wednesday & Thursday
Stroke & Adv Stroke	from 3:30pm	Tuesday, Wednesday & Thursday
Mini Squad	4:30pm - 5:15pm	Tuesday, Wednesday & Thursday
Junior and Senior Squad	5:15pm - 6:15pm	Tuesday, Wednesday & Thursday

Note: All times are subject to availability

Parents are welcome to join the squad for either a training session or own swimming

Cost: \$3.00 own swimming or \$8.00 with squad

Please visit us at [www.qualifiedaquatics.com.au](http://www.qualifiedaquatics.com.au) for  
Public Swimming, Aqua Aerobics and Adult Swimfit times.  
Austswim and CPR/First Aid courses also available

**Bookings** Phone Alina Graham 0412 402 980 For Payment Options - See Over Page  
Email [alina@qualifiedaquatics.com.au](mailto:alina@qualifiedaquatics.com.au)  
Online [www.qualifiedaquatics.com.au](http://www.qualifiedaquatics.com.au)

Deposit of \$50.00 to secure your place due by  
19<sup>th</sup> September 2011, Remainder due by 16<sup>th</sup> October 2011.  
**Full payments paid by 19<sup>th</sup> September 2011**  
**Receive a free swimming bag!**

## PAYMENT OPTIONS

*Cheque* Payable to: **Qualified Pty Ltd**  
Send to: **PO Box 204**  
**Kedron 4031**

### *Electronic Transfer*

BSB: **124 001**  
Account No: **20569063**  
Account Name: **Qualified Pty Ltd**  
LTS Reference Code: **[surname]ELTS**  
Squad Reference Code: **[surname]ESQ**

*Cash* Paid in person to: **Qualified Management** at pool reception  
**Earnshaw State College Pool**  
Victor Street, Banyo (M, T, W: 8-4)

## POOL LOCATION

Wooloowin State School  
Lutwyche Road, Lutwyche

### **Lesson Descriptions:**

#### **Toddler Time**

For swimmers between the ages of 2 - 3½yrs. They will learn water familiarisation and safety skills. 2 per class.

#### **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.