



A BIT ABOUT THE LESSONS

Welcome to the wonderful World of Learn to Swim! I'm excited to bring you our latest season timings and sessions. The sessions are 30 minutes, for learn to swim classes and 45 minutes for our development squad. Our schedule at this stage is as follows:

Kerikeri High School Outdoor Pools 2018 Tuesdays/ Wednesday and Thursdays

Starting Tuesday 6th November for 6 weeks, finishing Thursday 13th December 2018.
Tuesdays/ Wednesdays and Thursday afternoons, from 3.15pm to 4.45pm

PATHWAYS OF DEVELOPMENT:

- 1- **Learn to Swim**- 30 minutes- Beginners – Level 1- learning to Float/ move through the water/ Streamline.
- 2- **Learn to Swim**- 30 Minutes- Level 2-Learning their arm stroking/ backstroking
- 3- **Learn to Swim**- 30 minutes- Level 3- Learn to breathe, putting freestyle together.
- 4- **Development Squad 1**- 45 minutes- Level 4-can swim 25 metres competently, and is learning Breaststroke. Beginning turns /race starts and rules of competition.
- 5- **Development Squad 2**- 45 minutes- Level 5-Can do Freestyle /backstroke/ breaststroke competently for over 25 metres. Working on finer technique and correcting turns /starts and finishes. Butterfly stroke.

Prices:

Learn to Swim 30 minutes \$12.50 per session plus GST

Developmental Squad 45 minutes \$15.00 per session plus GST

Privates 30 minutes \$35 per session plus GST, 2 person \$50 plus GST.

Rollover will occur from Term 4 to term 1 starting the 5th February 2019 for 7-8 weeks. If you wish to do Term 1 and haven't booked for Term 4 then I highly recommend that you put your name down on the waiting list to be reviewed in the New Year.

We highly recommend that you attend 2 times a week where possible. Your class times are usually sorted by your child's level of ability. If you are wanting privates please contact me and I will see if this is possible. We only have limited places in class, therefore when you make a booking it takes up a place in that class. If we do not hear back from you with a confirmation with 7 working days then you may lose your place held. **All cancellations/ changes will be advertised on the Facebook Blast NZ page** at <https://www.facebook.com/blastnzfitness/> or if you do not have Facebook then please text me on **021407665 to confirm**. If cancellations occur it is hard to get hold of everyone beforehand so please, if you are unsure then text me please.

The Kerikeri swimming lessons are held in a 6 lane competitive outdoor pool during the summer months. It is a 25s metre long. There is a huge emphasis on surviving in cold water. Once they can do this then we teach everything from learn to swim to competitive swimming, including dives, starts, turns, butterfly and breast stroke and more.

All children are different and learn at different levels, here at Blast we encourage our swimmers to expand their boundaries and understand that they learn differently. We allow them to explore their own limits in a relaxed, encouraging and happy atmosphere, whilst not limiting their growth and development. Please let me know where you think your child is on the pathways below.

We require an adult to supervise the children. This is a public pool and we cannot ensure the safety of our children when they are not in the classes. As it is cold water they will need warm clothing and food directly after the sessions. We want them to feel comfortable and secure in their environment. We encourage the wearing of wetsuits and suitable warmer swimming apparel. They can't learn if they are too COLD.

Our school is an Austswim recognised swim centre and has qualified staff in Water Survival. Plus a good understanding of the bio mechanics of all the strokes. Furthermore, the teachers have worked with children who are competitive swimmers so know all the rules and regulations needed to compete at all levels.

Our goal is to have happy, competent and excited children that have the confidence in themselves to achieve and enjoy swimming, whilst having a good understanding and respect for the water and its surrounds. Our children learn skills that will help them achieve in other areas of their lives such as learning discipline, listening, control and social skills such as getting along with others, respect and communication.

If your children are not confident/ or have had no swimming lessons before then that is okay. We encourage a parent or caregiver to be in the pool with them, just until they are competent enough to move through the water on their own. They learn best in a comfortable supportive environment.

If your child is sick, or has any open sores please do not bring them along to their classes to infect others. We offer Make up lessons where available. This is for your child's health and the health of others in the pool. Thank you.

Thank you for your enquiry, if you would like to know more then please feel free to contact me and I look forward to seeing you this summer.

Tracy Mackey B.Sp & Rec

Blast NZ

021407665

