



West End Water Rats Swimming Term 4 2018

Term runs from Monday 15th October - Friday 7th December

(Week 2 - Week 9, 8 weeks in total)

Sign-on and bookings are available **ONLY**

via <http://www.flexischools.com.au> **AVAILABLE NOW!**

- The before and after school swimming lesson program is organised by West End State School P&C Association and is open to all in the school and local community. All sessions are delivered by fully qualified, paid coaches in our heated 25m pool.
- Please ***DO NOT*** present to the pool to make a booking. The coaches need to focus on delivering the session and are not responsible for bookings or payments. **Coaches cannot admit swimmers who have not been pre-booked and paid. NO PAY NO SWIM.**
- Children must bring their own goggles, swimming caps, sunshirt and towel. Please mark everything clearly with your child's name and bring a warm top for when the child exits the pool as they are often cold.

Session	Times	Cost	Session Length
Learn to Swim	Monday - Friday		
	3.15 - 3.45pm	\$120.00 per term	30mins
	3.45 - 4.15pm		
	Wednesday & Friday	8 lessons	OSHC children must book the 3.45 or 4.15 sessions
4.15 - 4.45pm			
Advanced Learn to Swim	Monday - Friday	\$108.00 per term	45mins
	3.15 - 4pm	8 lessons	
Junior & Senior Squad	Tuesday - Thursday Afternoons		
	5 -6pm	\$80.00 per term	60mins
	Monday, Wednesday & Friday Mornings	8 lessons	
	7.30 - 8.30am		
Adult Squad and Lap swimming	Monday, Tuesday & Friday mornings	\$5.00 per session (payable on arrival) or \$50 per term	up to 90mins
	6 - 7.30am		
Adult Learn to Swim	Tuesday & Friday	\$15.00 per session (payable on arrival) or \$120.00 per term	60mins
	2 - 3pm		

Session information

Learn to Swim (LTS): Suitable for children who are water safe but need basic stroke taught. We have 3 levels within the LTS swimmers and the coaches will group children together with other children of similar swimming capabilities. Children should remain at this level until they can swim 25m of freestyle, breaststroke and backstroke. **Please choose the session for your child carefully as we are unable to change their session times once booked due to the large number of children in our LTS program**

Advanced Learn To Swim (ALTS): Suitable for children who can swim 25m of freestyle, breaststroke and backstroke. Participants will work on all strokes refining them and also learning butterfly and diving.

Junior Squad: Junior Squad caters for children who can swim 25m of all 4 strokes and who are capable lap swimming. We will divide the children into groups according to ability. Participants will work on endurance, sprints, diving, tumbles and starts. Physical intensity will depend on the individual capabilities.

Senior Squad: Senior squad will cater for children who have greater endurance and can swim 50m of all 4 strokes and are capable of lap swimming. (Some discretion may apply for butterfly). We will divide the children into groups according to ability. Participants will work on endurance, sprints, diving, tumbles and starts. Physical intensity will depend on the individual capabilities.

Adult Squad and Lap Swimming: Available each Tuesday and Friday mornings, 6am - 7.30am. (you don't need to attend the whole session). This is a relaxed squad work-out for those who want to or just swim on your own. Each session will be supervised by a qualified lifesaver however please no children to attend as there will be no supervision for them. Sessions are \$5.00 each or book and pay for a whole term online.

Adult Learn to Swim: Don't miss out on the fun at the pool or beach this summer because you don't have confidence in the water. Lessons for our adult learners are with our dedicated coaches, Linda and Desleigh who are both gentle and patient teachers with loads of experience teaching adults how to swim and develop confidence in the water. Sessions are \$15.00 each payable on arrival or book and pay for a whole term via flexischools \$120.00 for the term.

N.B.

- **Bookings and sign on are ONLY available via <http://www.flexischools.com.au>**
- Coaches are responsible for children only at the time of their swimming sessions. Children may not wait unaccompanied for their swimming sessions. Siblings or children not swimming must be supervised by an adult/parent and must remain in the swimming enclosure.
- Term refunds for term 4 will only be available up until Friday 30th November. The P&C reserves the right to determine if a refund is warranted.
- Catch up lessons because of weather cancellations and the pupil free day (Monday 22nd October) will be held in week 10. These catch ups are for when we cancel not when your child misses a session due to illness.

Need to know more? Please email Donna on pandc.wess@bigpond.com