

Sept/ Oct School Holiday Swim School Program

**4/5 DAY
PROGRAM**

COST WK1: \$64.00

COST WK2: \$80.00

**Enrolments
are now
OPEN!**



GEOGRAPHE LEISURE CENTRE

WEEK 1: 27th September - 30th September

WEEK 2: 3rd October - 7th October

TIME	STAGE
8:15am - 8:45am	Seahorse
8:50am - 9:20am	Octopus
9:25am - 9:55am	Shark
10:00am - 10:30am	Stroke Correction Stage 4+ (Freestyle/ Backstroke)
10:35am - 11:05am	Stroke Correction Stage 4+ (Breastroke/ Survival Backstroke)
11:10am - 11:40am	Stroke Correction Stage 8+ (Butterfly/ Sidestroke)
11:45am - 12:15pm	Adults (Beginners/ Stroke Correction)
12:45am - 1:30pm	Swim and Survive (Outdoor Pool - Stage 7+)

Pre-schoolers 3-6yrs

- Seahorse, Octopus, Shark

Stroke Correction Clinic – For students needing help with specific strokes in Stage 4 and above

- Freestyle/Backstroke Stage 4-15
- Breaststroke/Survival Backstroke Stage 4-15
- Butterfly/Sidestroke Stage 8-15

Adult Stroke Correction

- Improve fitness by correcting your technique, tailored to individual needs

Swim & Survive - Seriously fun! Learn lifesaving principals, leadership, teamwork and scenarios

- Monday – Water safety around rivers, lakes, dams, beaches and pools. Theory and Practical.
- Tuesday – Types of swimmers from non to injured and how to rescue
- Wednesday – DRSABCD and practice on training equipment
- Thursday – Spinal rescue using our real life equipment
- Friday – Water Safety Quiz and scenario initiatives putting the weeks learnings into practice scenarios