



Holiday Swim Programme

January 2010

All Learn-to-Swim and Squad sessions will run as 3 weekly programmes. You can book for 1 week, 2 weeks or all 3 weeks.

Week 1 - 4/1/09 - 8/1/10

Week 2 - 11/1/09 - 15/1/10

Week 3 - 18/1/09 - 22/1/10

Learn to Swim

There is no grading so please select the best group to match your child's skills.

Lesson Times

3:00pm – 3:30pm:	Bubbles – Beginners or children with just a few strokes of freestyle & backstroke.
3:30pm – 4:00pm	Nemo – 10-15metres freestyle & backstroke plus some breaststroke arms.
4:00pm – 4:30pm	Scrambled Eggs – Freestyle with side breathing, 20 metres backstroke plus breaststroke arms and frog kick.
4:30pm – 5:00pm	Fish 'n' Chips – 25 metres freestyle, backstroke & breaststroke. Some butterfly strokes. Dive from blocks.

Cost: \$65 per week per child

Intermediate/Junior Squad

60 min Daily Lessons: Monday to Friday. Mornings: 8:30am to 9:30am

Children **must** have been in Junior or Intermediate squads during Term 4 2009 or be capable of,

- Swimming approx. 1 km (40 laps) per session.
- Swimming 8 lap's continuous freestyle (without standing up).
- 50 metres competent backstroke/breaststroke & 25 metres butterfly
- Diving from blocks and performing adequate tumble turns.

Cost: \$65 per week per child

Senior & Pre Senior Squad

2 Hour Daily Lessons (last ½ hour dry land): Monday to Friday.

Mornings: 7:00am to 9:00am

Children must have been in Senior or Pre-Senior Squads during Term 4.

Great preparation for the School Swimming Carnival! Strenuous training sessions of between 1.5 and 2.5 kms per session (60 – 100 laps). Participants should be competent in all strokes, dives and turns. Dry land work too!

Cost: \$80 per week per child

How to Enrol

It's easy... just go to

www.lpspandc.org.au,
and select "Swimming" from
the Activities menu.

All enrolments must be made
through the on-line service and
we encourage electronic
payment.

You will automatically receive a
confirmation and receipt of your
application by email.

If you have any difficulties please
contact;

Tracey Browne
traceybrowne@adslirect.com.au

If you must pay by cash or cheque
please pay Coach at the first lesson.

Cheques made payable to: LPS
Sports Committee

Please Note/ Refunds will only be
given in exceptional circumstances.

Ex Students/ Parents/ Ocean Swimmers/ Triathletes Squad

**60 min Daily Lessons: Monday to
Friday. Evenings: 5:00pm to 6:00 pm**

Cost: \$50 per week per person

*Need More Information...
www.lpspandc.org.au
& select "Swimming"
from the Activities menu*