

## **Thank you for your Swim School enquiry (Adult)**

Swim School at Marlborough Lines Stadium 2000 welcomes new or returning students in Learn to Swim programmes, at all levels.

Through our award winning Stadium 2000, we deliver lessons Mondays to Saturdays. As one of New Zealand's largest swim schools lessons are well structured and delivered by friendly, qualified and responsive teachers.

Our success is driven from a desire to improve children's lives. Keeping safe around water is paramount for anyone living in New Zealand and a core element of our unique swim school is the water survival skills we teach at every level.

Of course your child will benefit immensely from being able to swim but enrolling your child in swimming lessons will have significant physical, emotional and social benefits.

Swimming is a life skill which will significantly improve you child's quality of life. At Stadium 2000 we focus on developing the skills and a life long enjoyment of water.

As an accredited Quality Swim School we are recognised as meeting and maintaining national swim school standards. These include staff training and qualifications, programming, facility provision and safety management.

Most important of all we guarantee a positive, supportive learning experience for you or your child.

Attached is an overview of our programme. We can generally accommodate your needs according to level, time and day.

Please enquire at reception or call our swim school coordinator Alana on 577 8300. Email: [swimschool@stadium2000.co.nz](mailto:swimschool@stadium2000.co.nz)

## Adult Learn To Swim Programme

Adult classes cater for a range of requirements, from the non-confident to those wanting to correct bad habits developed over the years. Lessons are structured around individual needs in a fun and positive environment.



### Timetable

Monday Evenings Level 1-4

Tuesday Evening Level 2 and 3

Thursday lunchtime 1.00pm Level 3. (Dependant on bookings)

### **Level 1 - Confidence**

- Enter and exit the pool with confidence
- Submerges completely for 5 seconds
- Comfortable with repeated submersions
- Pick up objects from the pool floor
- Aided relaxed float on front regaining feet
- Aided relaxed float on back regaining feet

### **Level 2 – Moving and Stroking**

- Aided front float/kick with safe and confident recovery 10m
- Aided back float/kick with safe and confident recovery 10m
- Streamlined glide front 5m
- Streamlined glide and kick front 10m
- Freestyle for 4 strokes aided
- Backstroke aided 15m
- Horizontal rotation from front to back



### **Level 3 - Breathing**

- Front to back/back to front rotations
- Freestyle breathing position aided
- Swim freestyle for 4 strokes then rotate to back
- Freestyle 2-stroke breathing cycle aided 25m
- Backstroke 25m
- Breaststroke arms with pop up breathing 10m
- Enter deep water and float for a minute

### **Level 4 – Stroke Refinement**

- Freestyle 100 metres with bilateral breathing
- Backstroke 100 metres
- Breaststroke legs with dorsi-flexion
- Breaststroke timing with glide at extension 25m
- Survival backstroke 25m
- Continuous swim 200m
- Enter deep water and float for 2 minutes

## Adult Learn To Swim Terms and Policies

### **Payments:**

To confirm your booking a \$10 deposit is required before completion of the previous term (non-refundable). This will guarantee level and selection of day (if this is not paid we presume you are not returning and the space will become available for another customer).

Full Payment is required by week 2 of the term. If this is not possible please talk to the reception.

If the full amount is paid prior to the last day of the previous term a \$10 early payment discount will be deducted per participant.

Families with three or more involved in a term receive 10% discount.

### **Cost**

Adult learn to swim charges are:

Level 1 - 4 \$100 per 10 lesson programme

### **Complimentary Swims**

As a bonus for being in the Adult swimming programme we offer a five complimentary swims per term to practice learnt skills. In order to receive this service a full payment is required by the end of week 1 of the lessons. These complimentary swims are only useable during the term of lessons, and expire regardless of how many swims left remaining. A list of names eligible for complimentary swims is held at Reception.

### **Public Holidays:**

If your lesson falls on a public holiday, please be aware that these lessons will not take place and that your term fee is priced accordingly.

### **Medical Conditions:**

If you have a medical condition, please let us know. It is always beneficial for the instructor to be aware of any condition that may affect your swimming enjoyment.

### **Instructors:**

If illness or roster changes affect our staff during the term we will provide a qualified replacement.

### **Equipment**

For your comfort in the water we advise that you wear goggles during your lessons. If you don't have these you can purchase a pair at reception.

### **Masters Social Swimming**

Masters swimmers meet on Thursday evenings at 7:00pm at the Stadium. At a small cost of \$4 per session they run a variety of levels from novice to competitive. Well worth a look!!!



## Adult Assessment Form

Welcome to Stadium 2000 Swimschool Adult Programme. Please take the time to fill out this assessment form so we can assess your current ability then meet your swimming/aquatic goals.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

Medical Conditions \_\_\_\_\_  
Health Issues \_\_\_\_\_

Approximate Ability in the Water	
Skills	Cross if No Tick if Yes
Comfortable in and around water	
Float and regain feet (front)	
Float and regain feet (back)	
Swim freestyle 25m distance	
Swim backstroke 25m distance	
Swim breaststroke 25m distance	
Have good technique in all three strokes but require refreshing	
Comfortable out of own depth	
Comfortable with safety/survival skills	

What would you like to achieve from our adult programme?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Your set goals and timeframe if any?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Adult Swimming Progressions

**Comfort in the water** – At first you'll feel off balance. Use the lanes and pool walls for support. Relax and take your time to adjust.

**Submersions** – Your instructor will take you through breath control. You will learn to hold and exhale while understanding the affects it has on your buoyancy.

**Floating** – At first you'll learn floating with arms wide for stability and not have comfort regaining feet. Eventually you'll achieve a long horizontal body. Remember to relax to aid body's buoyancy.

**Streamlining** - If you imagine you are looking at a swimmer from the side, the body should be flat from head to toe, and parallel with the water's surface.



**Kicking/Propulsion** – In freestyle and backstroke the legs need to be long right through to the toes with relaxed ankles. Kick action comes from the hip and moves downward.

**Rotation** – The body should rotate lengthways as you swim. Doing this reduces resistance and enables you to extend your reach in the water and engage the strong back muscles, rather than relying on the smaller and weaker shoulder muscles to power your stroke.

**Breathing** - A good body-roll also facilitates the turning of the head to breathe. When you breathe, rotation is the key. Instructors will teach you when/how to inhale and exhale developing comfort.

**Arms** – The arms are broken into three parts. **Recovery** is the part out of the water or forward reach in breaststroke. **Entry** is the first catch of water on the hands/arms upon entry. **Propulsive** is the pushing action that propels the swimmer forward.

**Skills/Drills** – Time needs to be spent repeating skills/drills. This will develop the fundamentals so an efficient stroke can be achieved.

**Watersafety** – All our levels have aspects of watersafety/survival. Instructors will teach basic techniques that will become valuable life skills.

**Please feel free to discuss these in more detail with your instructor**