



Thank you for your Swim School enquiry (Parent and Child)

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



Stadium 2000 Swimschool Terms and Policies

Thank you for choosing to have swimming lessons with us. Please take the time to read the following policies to ensure you are ready for a great time learning to swim....

Term Programme: The Swimschool operates per school term and prices are based on a 10 week programme, although some school terms are 11 weeks while others are only 9. Where this occurs the term fee has been priced accordingly.

Important weeks during the term include:

Week 1: your child will be assessed to confirm they are in the appropriate level.

Week 5: Challenges are set within each level.

Week 6: All participants are assessed so we can determine the majority of movement for the next terms preferential bookings.

Week 7/8: Preferential bookings for the following term will be either emailed/posted with movement already made if a progression has been identified during the assessment. If the new time is suitable deposit is required to hold the placing. If it doesn't suit please call reception and we will discuss other options.

Last week of the term: Final assessment is made of swimmers who have achieved all the level goals. Instructors will discuss this poolside with parents. Reward Week - Stickers for the certificates will be awarded to participants who have completed the level.

Incentives: We generate a certificate for each child which identifies individual level and goals so you can follow your child's progress. These are available to collect from the reception from the first lesson.

Certificate Stages:

Parent and child (6months to 3 years)

Preschool (3 years to 5 years)

School Age Learn to Swim (learners pool)

School Age Development (main pool)

At the conclusion of the term the instructor will award a sticker for the completion of the level to place on the certificate if all the goals have been achieved (please note some swimmers take a few terms to complete a level).

As children move onto the next stage a new certificate will be generated for collection at reception.

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 child.

Families with three or more children receive 10% discount.

Public Holidays: If your child's 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 your child has a medical condition, please let us know. It is always beneficial for the instructor to be aware of any condition that may affect your child and their swimming enjoyment.

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

Cancellation of Lessons: If swimmer safety or hygiene issues arise at the pool Swim School has the right to cancel lessons.

Guarantee: We guarantee our lessons, and if you are not satisfied with your child's progress please come and talk to our Swim School Coordinator.

Absence: If your child is going to be absent we do appreciate a call.

Cancellation fee: There is a \$10.00 administration fee charged on any refunds, cancellations or transfer of term lessons.

Confidentiality: All information regarding your family is treated as confidential and will be used for swim school administration only.

Lessons: We recommend all swimmers wear a cap and goggles for their comfort in the water.

Sickness: In the event of your child being sick for two consecutive lessons we will offer a credit per term. For this we require a medical certificate.

Supervision: Children under 8 years of age are not permitted in the pool premises unless actively supervised by a caregiver at least 16 years of age.

Parents are to be actively supervising all infants/toddlers in their care. If you are involved in a parent child programme with one child any extra siblings are required to have a separate caregiver.

Stadium 2000 Swimschool Programmes

Parent and Child Programme 6 months – 3 years

Through play and songs children are introduced to the water and learn the basic skills of balance, co-ordination, blowing bubbles, floating, kicking and submersion.

Parents are the main influence in a child's life so building water confidence while having fun maximises this relationship.

Cost: \$85 per ten lesson programme

Preschool 3 – 5 years

Games and activities assist children to gain confidence in, under, on then through the water. Children explore propulsion, safety, and early stroke development as they progress through the five preschool levels.

Cost: \$100 per ten lesson programme

School Age

In the early stages the emphasis is on water familiarisation and building confidence. Once the basic introductory skills have been achieved we develop the core swimming strokes and implement water safety/survival techniques.

Cost: \$100 per ten lesson programme

Competitive Squad

With the development of racing skills squads provides the best foundation for swimming competitively. Swimmers will increase stamina while still getting a continual emphasis on stroke correction.

Aquatic Fitness Squad

Aquatic fitness is on offer if pursuing swimming competitively is not you. A variation of surf, water safety, core swimming, and social interaction provides a great time and helps maintain that healthy lifestyle.

Prerequisite Tasman Tarakihi and above

Cost: \$100 per ten lesson programme

Adult 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.

Cost: \$100 per ten lesson programme

Private Tuition

Private tuition gives you the opportunity to focus on a specific skill/stroke. These are only available outside main swim school times on any given day. (15mins)

Cost: \$250 per ten lesson programme

Intensive Programme

Accelerate your child's learning with our holiday intensive swimming programme. Repetition of skills each day for 5 days.

Special Needs

Therapeutic programmes through to basic swimming principles, depending on each individual. (15mins)

Cost: \$115.50 per ten lesson programme

Parent And Child Programme

General Benefits to your Child

Babies less than a year old accept the water more readily than older children.

Fear of water is acquired, as children grow older. The longer the baby is kept away from the water, the more likely the child will develop aquaphobia.

Babies are born with reflexes well adapted to swimming. If not revived these natural reflexes will begin to fade. Eg. When submerging, they automatically hold their breath and make swimming movements.

Babies can exercise more muscles in the water. This increase in strength often accelerates acquisition of motor skills, and helps them become more able to explore the world around them.

Active movement increases oxygen and glucose (the fuels) to the brain. It allows the brain to process more efficiently and assists retention and learning.

Children flourish in the focused attention their parents lavish on them during lessons.

Helps in the prevention of water incidents.

Swimming lesson goals for the Infant

- Become familiar with activities in the water
- Feel secure and content in the water
- Gain a sense of buoyancy and movement in the water
- Gain water experiences in different body positions including prone (front), supine (back), and vertical.
- Exploration through play/songs with use of a variety of swimschool toys
- Enhance routine eg. Same attire worn every week will encourage your child to link togs with swimming.



Swimming lesson goals for the parent

- Learn how to enter and hold their infant in the water using techniques that are safe and promote a sense of security
- Understand basic requirements for the health and safety of young infants in and around the water
- Enjoy playful interaction whilst exploring in the water
- Provide a safe water experience for the child



Infant Swimwear

We recommend “Huggies Little Swimmers”. These can be purchased from reception at a cost of \$3 each.

Thermal tops are recommended to keep your child warmer in the water.

Prior to the lesson

Allow plenty of time to prepare. A relaxed and positive approach will ensure a more successful lesson. It is recommended that infants don't swim on a full stomach so allow about ½ an hour between last feed and lesson time.

Entering the pool

Keep movements slow and controlled when lowering your infant into the pool. This gives them time to adjust to temperatures, a sense of security and a relaxed start to the lesson.

Participation

Song sheets are up by our learners pool to encourage your participation. As a parent you play an important part in developing your child's progress. All infant's 6-36months are required to have an adult in the water.

The stimulating effect of child-paced swimming lessons has the potential to increase intelligence, concentration, while improving social, emotional and physical development. Of course, the manifestation of such inspired cognitive, personal and motor development takes time, patience and a lot of repetition (the same action needs to be performed over 90 times before it becomes more automated).



After the lesson

It is important that your infant is appropriately dressed before leaving the warm pool environment. Heat is quickly lost through the head and feet so hats and socks are recommended.

During the lesson your infant's natural sucking reflex has meant a small amount of water may have been consumed. With this in mind a full 200ml feed of milk would be better about ½ an hour after lessons. If something is required straight away make it a smaller portion. If the infant is over full the reflux valve will activate and may result in vomiting.