

## Your safety & well-being is our concern, so please...

- Inform the instructor of any injuries or ailments of concern
- Shower before using pool or spa facilities to remove deodorants, creams or powder from the skin
- Inform the instructor of your swimming concerns & abilities prior to commencement



## Centre Opening Hours

(Effective 5/7/10)

Monday to Thursday | 6am-8pm

Friday | 6am-7pm

Saturday | 7am-5.30pm

Sunday | 9am-5.30pm

Public Holidays | 9am-4pm

Closed Christmas Day, Good Friday & Anzac Day

## Kids Corner Hours

Monday | 8.30am-11.45am & 4.00pm-6.30pm

Tuesday | 8.45am-12noon & 4.45pm-6.30pm

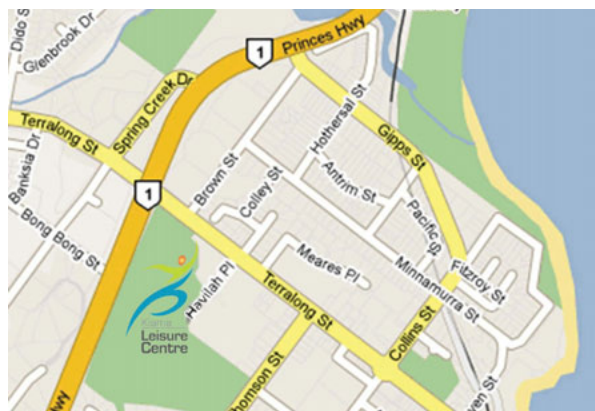
Wednesday | 8.30am-11.45am & 5.00pm-7.00pm

Thursday | 8.45am-12noon & 4.45pm-6.30pm

Friday | 8.30am-11.45am & 4.30pm-6.30pm

Saturday | 7.45am-11am

No child minding on Sundays & Public Holidays



## Contact Us

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**KIAMA MUNICIPAL COUNCIL**  
your council, your community

Updated 18/10/11

# Swim Coaching

Improve your stroke & breathing techniques



## About Our Squad Program

- Children are welcome to join our coaching sessions having already come through a learn to swim program with us or elsewhere.
- Swimming is a great fitness base for all types of sports.
- Children will be required to swim continual laps of all strokes.
- Regular programs are written and followed to suit the squad's needs.
- The needs of individuals are also taken into account.
- Squads can be broken up into different levels and coached individually.
- Skills, drills and stroke correction are all addressed and fitness levels increased.
- Individual stroke time trials are recorded twice a term to assess each individual's degree of improvement.
- Please bring goggles, flippers, a pool buoy and a water bottle.
- All long hair is to be tied back or a swim cap worn.



## Coaching & Squad Timetable

	Mon	Tue	Wed	Thu	Fri
5.30am-7am		Swim Coaching 1 1/2hr		Swim Coaching 1 1/2hr	
6am-7.30am					Swim Coaching 1 1/2hr (Term 1 and 4 only)
4pm-5pm	Swim Coaching 1hr	Swim Coaching 1hr	Swim Coaching 1hr	Swim Coaching 1hr	
5pm-6.30pm	Swim Coaching 1 1/2 hr X-Training Available (Term 1, 2 and 4 only)	Swim Coaching 1 1/2 hr	Swim Coaching 1 1/2 hr X-Training Available (Term 1, 2 and 4 only)	Swim Coaching 1 1/2 hr	Swim Coaching 1 1/2 hr
6pm-7.30pm	Swim Coaching (Term 1 & 4 only Adults Welcome)				

## Costs

### 1 hour sessions

- \$11.00 per session
- \$110- 10 week term payment\*

### 1 1/2 hr sessions (Term coaching fees 10 weeks)

- 1 session per week \$110
- 2 sessions per week \$160
- 3 sessions per week \$210

### Adult Swim Squad

\$12 per session including entry

### Friday Afternoon Diving / Turns Sessions

- 30min sessions - see reception  
\$5 per session when enrolled in term.

\* Term prices based on 10 week terms. Terms vary from 9-11 weeks & term fees will alter appropriately

