



KING'S SWIM SCHOOL

2015

The King's Swim School is housed in a full-size private, heated indoor swimming pool in the Centre of Remuera, Auckland.

It caters for Learn-to-Swim Classes in a quiet and relaxed atmosphere.

All instructors are fully qualified with NZQA recognized courses.

We pride ourselves on excellent customer service, individualized programs and a warm and friendly environment.

KING'S SWIM SCHOOL

King's Swim School is a first-class facility nestled in the heart of King's School, consisting of a 25m indoor heated pool and fitness Centre. The Swim School is open to both the King's boys, family and the wider community.

Our Swim School places high emphasis on technique before distance as this builds a strong foundation for success. All our swim school classes are at least 30 minutes in duration (our graduating level 'World Champs' is a 45 minute lesson) and our instructors have NZ recognized qualifications and all carry a current first aid certificate. We have compulsory In-House training every term to ensure our instructors are given constant updates and ongoing support.

The Swim School consists of 6 pre-school levels starting from the age of 15 months teaching basic water confidence, water safety and submersions through to an advanced breather level.

Our School-Age program has 10 levels to progress through and once completed, a swimmer may wish to continue in our Training squads (Bronze, Silver, Gold and Training Squad) which are fitness based programs.

KING'S SCHOOL SWIM CLUB

King's School Swim Club is seen as a key pathway for the future King's Club competitors.

We were ranked in the top three Swim Clubs in New Zealand for 2010. The King's Swim Club capitalizes on the King's Swim School's ability to produce talented young swimmers who are identified & offered the opportunity to further their swimming in a competitive career.

In 2011 the Club won the national title of "New Zealand Swim Club of the Year".

HOURS

| | |
|------------------|------------------|
| Monday to Friday | 8:00am to 8:30pm |
| Saturday | 8:00am to 2.00pm |
| Sunday | 8:00am to 2.00pm |
| Public Holidays | Closed |

FEES

| | |
|---|--------------------|
| All Child/Youth Group Swim School Lessons | \$19.00 per lesson |
| Adult Learn to Swim Lessons | \$19.00 per lesson |
| Women's Fitness Squad Lessons | POA |
| Private One-on-One Lessons* | \$60.00 per lesson |
| King's Swim Club Squad Fees | POA |

*Dependent on availability

SUPERVISORS

Our Swim School employs Supervisors who are out on poolside constantly assessing swimmers and giving guidance to instructors. If you would like to find out the progress of your child, please see the office and they will let the supervisor know. Depending on their commitments on that day it may be the following lesson that they will have a look at your child. We ask that you do not approach the instructors at any stage as they are responsible for the safety and instruction of all swimmers in the pool.

Our swimmers are assessed continually during the term by our supervisors. The office will notify you if your child needs to move and will discuss possible availability.

BOOKINGS

Your bookings will automatically roll over into the next term. If you do not wish to continue the following term, or need to change days, please ensure you contact the office by Week 7 to avoid missing out for the following term. This also applies if your child will be turning 5 therefore needing to transition into our School-Age Program.

ACHIEVEMENT / RECOGNITION

Certificates of Achievement are awarded to swimmers who complete all the goals associated with their swim level for:

| | | |
|-------------|--------------|--------------|
| Dory | Nemo | Tiny Turtle |
| Star Fish | Swordfish | Flying Fish |
| Whipa Snapa | Snapa | Olly Octopus |
| Supa Seal | Oxygen Eater | |

TODDLER & PRE SCHOOL CLASSES

Our program starts with Dory classes which are for toddlers from the age of fifteen months.

When a toddler turns 3 they progress to Pre-school lessons for 3yrs to 5yrs. These classes run during the day including Saturday and Sunday.

Dory & Nemo classes require a parent or guardian in the water with their child. These classes are water confidence classes and teach the toddlers basic water and survival skills. These are aimed at preparing the child for our preschool levels.

Pre-school levels start with a ratio of 1 instructor to 3 children and then progress onto 4 children to a class.

We have 5 pre-school levels catering for the very beginner through to confident children who are learning to breathe.

All classes are 30 minutes in duration.

Toddler & Pre School Level Criteria

| | |
|-------------|--|
| DORY | 15 mths – 3 years old – new to water. |
| NEMO | 15 mths - 3 years old, water confidence and water safety |
| TINY TURTLE | Confidence, water safety, submersion, floating |
| STARFISH | Gain independence, independent 5m swim & survival skills |
| SWORDFISH | Independent swimming with straight arms and breathe |
| FLYING FISH | Independent swimming and backstroke, breaststroke kick |

BABIES

Please note that King's do not offer lessons for Babies under 15 months. We highly recommend Paddletots for this age group – you can contact Lisa at:

www.paddletots.co.nz

SCHOOL AGE PROGRAM

Our school age program caters from the very beginner levels through to mini and training squads for fitness. We also offer lunchtime lessons for King's boys through the Swim School.

Beginner classes have a 1:4 ratio and this increases to 1:7 for poolside levels.

All classes are 30 minutes in duration – apart from World Champ which is 45 minutes.

School Age Level Criteria

| | |
|--------------|--|
| WHIPA SNAPA | Submersions, torpedoes, kicking & confidence. |
| SNAPA | Independent survival swim, back work. |
| OLLY OCTOPUS | Arm strokes and kicking, master strong body position, introduction to breathing. |
| SUPA SEAL | Introduction to a 4 step breathing position, backstroke arms, breaststroke kick. |
| OXYGEN EATER | Freestyle with correct timing, backstroke, refine breaststroke kick. |
| AWESOME ORCA | Master stroke, freestyle timing and breathing, backstroke, develop breaststroke kick, basic butterfly kick. |
| GREAT WHITE | Strong freestyle swim over 150m, backstroke and breaststroke timing. Butterfly kick and intro to arms. |
| TSUNAMI | 200m freestyle swim defined, breaststroke kick and timing with bilateral breathing and basic butterfly. |
| STING RAY | 300m freestyle swim with strong technique. Introduction into bent arm, backstroke, breaststroke and butterfly. |
| WORLD CHAMP | 400m freestyle swim with strong technique, refine bent arm, backstroke, breaststroke, butterfly, turns and starts. |

SCHOOL AGE SQUADS

Our training squads are the non-competitive version of the Swim Club and cater for Students who do not wish to compete with their swimming. They are designed for swimmers to work on fitness and perfect their technique.

Training Squad Level Criteria

| | |
|----------------|--|
| BRONZE SQUAD | 50 minute fitness class – technique in all 4 strokes Average age 9/10 |
| SILVER SQUAD | 55 minute fitness class–technique in all 4 strokes Average age 11 |
| GOLD SQUAD | 60 minute fitness class - technique in all 4 strokes Average age 12 |
| TRAINING SQUAD | 75 minute fitness class – technique in all 4 strokes Average age 13 + |

WOMENS FITNESS SQUADS

We have Adult Classes for women during the week which focus on fitness and stroke development. These classes are great for women who know how to swim and just want to build or retain their fitness levels and develop in other strokes.

Classes Run Monday to Friday 10.00am-11.00am*

Monday, Wednesday & Friday Advanced Squad

Tuesday & Thursday Beginner Fitness Squad

*These times may change during King's PE swim timetable

ADULT LEARN TO SWIM CLASSES

We also offer Adult classes that cater for adults who do not know how to swim and would like to learn. This is a 'learn to swim' program and the main focus is on freestyle in these classes.

Beginner Class

Monday 1.30pm – 2.00pm

Wednesday 12.00pm – 12.30pm

Breather Class

Tuesday 1.30pm – 2.00pm

Advanced Class

Wednesday 1.30pm – 2.15pm

Within the Swim School we are extremely fortunate to have a Competitive Swim Club. Swimmers who have been identified by our coaches will be offered the opportunity to join our club.

King's Swim Club swimmers excel in the competitive arena but do training within the Swimming New Zealand guidelines. King's Swim Club offers sustainable training practices, with a desire for long term athlete development and a vision to provide lasting enjoyment in the sport of swimming.

It is a key goal of King's Swim Club to provide a unique squad pathway and training structure for 8-13 year olds (up to 13 years old), where any desired level of success is still attainable after their King's Swim School Swim Club graduation.

In the 2011 Swimming NZ Awards we won the national title of "New Zealand Swim Club of the Year" and were also one of 3 finalists in the country for "New Zealand Coach of the Year". This is an amazing achievement for a club that has only been established 3 years.

Technical Refinement:

The King's Swim Club technical refinement program is an innovative, unique and highly specialized scheme leading the swimming community in technical training. These classes have a low swimmer—coach ratio, feedback and support that has evolved through a desire to achieve superior results training in a more intelligent manner.

| King's Swim Club Level Criteria | | P.O.A per Term |
|---------------------------------|-------|----------------|
| BOYLER | YR 4 | |
| THORPEDO | YR 5 | |
| SPLASHCOE | YR 6 | |
| SPRITZER | YR 7 | |
| PHELPO | YR 8+ | |

Important Components of King's Swim Club include:

- Dry land training
- Goal setting
- Swim Camps
- Club nights
- Nutrition plans
- Parent workshops
- Technical refinement classes

KING'S SWIM SCHOOL - POLICIES

Below is some important information on our policies and recommendations to help you understand how the Swim School operates.

- To ensure your child has the best opportunity to learn we ask that rash shirts are not worn. These often stretch and areas around the arm tend to hold a lot of water. This can often restrict arm movement which can slow progress. Rash shirts are not designed to keep a child warm as they will feel cold when their body is not under water.
- Goggles are essential as this ensures that the child has their eyes open under water. Please see the office so that a goggle specifically designed for your child can be selected and fitted.
- Boys must wear Speedo type togs. Board shorts are not permitted as these also hold a lot of water and cause drag.
- Caps are to be worn by any child with hair past chin length as these prevent the hair getting in the face while swimming. It also promotes better water quality for our pool.
- Payment is due prior to, or on the first day of the current Term. As this can be a very busy time, we can take credit card payments over the phone, we also accept eftpos or cheques. We encourage online payments; details are on your invoice. Unpaid fees may result in your child losing their placement.
- Please ensure you notify us if your child will be starting school in the following term so we can waitlist them for the appropriate school age level.
- If your swimmer misses a lesson due to illness or injury and can produce a medical certificate, a make-up lesson will be offered where space is available. Credits or refunds are not given.
- Make-up lessons must be completed within the same term as illness or injury occurred, and cannot be carried over.
- If your child misses a lesson and cannot produce a medical certificate, we do not offer make up lessons, credits or refunds for these.
- Once your swimmer has been assessed to move up a class, they must move classes as soon as contacted to ensure their progression. Sometimes changes of days and times are necessary when your child advances a group. It is not an option to stay in a group they have mastered, as this will prevent another swimmer from progressing into the class your swimmer currently occupies. This creates a roll-on-effect. This does not differ from any other sporting or dance activity of which, when your child is assessed to move or has graduated, they have to move class.
- If your child has been placed on a waitlist for a class, we will contact you as soon as a space becomes available. These are checked daily.
- Our term classes are set up to roll over from one term to the next. If you do not wish to continue your child's booking and wish to cancel, you must let us know to cancel this before the beginning of the term. We do not refund or credit lessons if your swimmer withdraws prior to Term finishing.
- Any credit approved by Management in the case of serious illness or injury, must be used for lessons during the following Term. No refunds will be given.
- Swimmers who do not show up for the first 2 lessons, and, for whom no payment has been received, will be removed from class.
- A \$40.00 cancellation fee is charged if you withdraw your child after the start of the term.

King's Swim School pride itself on keeping abreast of the best industry practice and incorporating up-to-date swimming techniques using the most available research. Our management team regularly travels overseas and we feel our technique based program is the best on offer.

Welcome to our Swim School and please do not hesitate to discuss any concerns you may have with our office staff who will advise you on the best person to talk to

Kind Regards
Vicki Hooper
Aquadome and Swim School Manager
King's Swim Club President
Ph: 520 3545
Email: aquadome@kings.school.nz



KING'S
SWIM SCHOOL

KING'S SWIM SCHOOL – ENROLMENT FORM

Please detach and return to the Swim School Office. You will be contacted the following day.

Family Surname _____

Parents Names _____

Postal Address _____

Home Phone _____

Cell Phone _____

Email _____

Children Name/s _____

Date of Birth _____

Medical Conditions _____

Preferred Lesson Day* _____

* Please note the more flexible you are with times and days the more likely you are to get a place in the Swim School

Best time of day to contact _____

Office Use Only

Level _____

Contacted Y / N