

# KING'S SWIM SCHOOL

2017

The King's Swim School operates from 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 recognised courses.

We pride ourselves on excellent customer service, individualised programmes 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, their families 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 N.Z. recognised 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 six 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 programme has ten levels to progress through and once completed, a swimmer may wish to continue in our training squads (Bronze, Silver, Gold) which are fitness based programmes.

## 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 capitalises on the King's Swim School's ability to produce talented young swimmers who are identified and 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 1.00pm
Sunday	8:00am to 1.00pm
Public Holidays	Closed

## FEES

All Child/Youth Group Swim School Lessons	\$20.00 per lesson
Adult Learn-to-Swim Lessons	\$20.00 per lesson
Women's Fitness Squad Lessons	P.O.A.
Private One-on-One Lessons*	\$70.00 per lesson
King's Swim Club Squad Fees	P.O.A.

\*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 five therefore needing to transition into our school-age programme.

## 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 programme starts with Dory classes which are for toddlers from the age of fifteen months.

When a toddler turns three they progress to preschool 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.

Preschool levels start with a ratio of one instructor to three children and then progress on to four children to a class.

We have four preschool levels catering for the very beginner through to confident children who are learning to breathe.

All classes are 30 minutes in duration.

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### Toddler & Preschool Level Criteria

DORY	15 mths – 3 years old – new to water Progression: <ul style="list-style-type: none"><li>• Shows confidence</li><li>• Attempting independence</li><li>• Introduction to submersion</li></ul>
NEMO	15 mths - 3 years old, water confidence and water safety Progression: <ul style="list-style-type: none"><li>• Individualised progressions until child is 3 and moves to a pre-school class.</li></ul>

TINY TURTLE Confidence, water safety, submersion, floating

Progression:

- I'm Happy
- Safe Entry & Exit
- Front & Back Float
- Front Kick
- Submersion
- Paddle & Swim
- Assisted Jump & Return

STARFISH Gain independence, independent 5m swim & survival skills

Progression:

- No Goggles Jump & Return
- Front & Back Float
- Front Kick
- Back Kick
- 5m Swim
- Retrieve an Object
- Arm Circles

SWORDFISH Independent swimming with straight arms and developing backstroke

Progression:

- Kicking 8-10m
- Torpedoes
- Armstrokes
- Freestyle Swim
- Back Kick
- Back Arms
- Dive
- Dolphin Kick

FLYING FISH

Independent swimming and backstroke, breaststroke kick

Progression:

- Kicking 10-12m
- Breathing Position
- Armstrokes
- Backstroke
- Breaststroke Kick
- Dolphin Kicks
- Dives

## 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](http://www.paddletots.co.nz)

## SCHOOL AGE PROGRAMME

Our school age programme 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.

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### School Age Level Criteria

WHIPA SNAPA      Submersions, torpedoes, kicking and confidence

Progression:

- Submersion
- Front & Back Float
- Front & Back Kick
- Paddle & Swim
- Safe Entry & Exit

SNAPA              Independent survival swim, back work

Progression:

- Torpedoes
- Back Work
- Basic Arm Circles
- Survival Swim
- Dolphin Kicks
- Dives



OLLY OCTOPUS Arm strokes and kicking, master strong body position, introduction to breathing

Progression:

- Torpedoes
- Freestyle Arms
- Front & Back Work
- Breathing Position
- Introductory Breaststroke Kick
- Basic Dolphin Kick
- Dives

SUPA SEAL Introduction to a 4 step breathing position, backstroke arms, breaststroke kick

Progression:

- Kick Work – Front & Back
- Breathing Position
- 4 Step Board Work
- Swimming with 4 Steps
- Backstroke
- Breaststroke Kick
- Dolphin Kick
- Tumbles / Turns
- Dives

OXYGEN EATER Freestyle with correct timing, backstroke, refine breaststroke kick

Progression:

- Kick Work over several repetitions freestyle
- Back streamline kick
- Strong backstroke arms and kick
- Freestyle swim – hold technique and breathing
- Breaststroke kick
- Breaststroke scull
- Dolphin Kick
- Tumbles / Turns
- Dives

AWESOME ORCA Master stroke, freestyle timing and breathing, backstroke, develop breaststroke kick, basic butterfly kick

Objectives:

- Freestyle with correct technique over 50m
- Backstroke with correct technique over 50m
- 50m master breaststroke kick & understand breaststroke scull
- Basic of butterfly relation to a 'whole body movement'
- Tumble turn and push off
- Dives

GREAT WHITE Strong freestyle swim over 150m, backstroke and breaststroke timing. Butterfly kick and intro to arms

Objectives:

- Improve endurance and hold technique for freestyle & backstroke over 100m
- Extend the breaststroke scull to a correct pull and glide
- Butterfly body undulation and understanding movement
- Tumble turns
- Dives

TSUNAMI 200m freestyle swim defined with bilateral breathing, breaststroke kick and timing and basic butterfly

Objectives:

- Introduction to bi-lateral breathing
- Increase endurance and hold technique for backstroke
- Master breaststroke kick, arms and timing
- Butterfly timing
- Tumble turns
- Dives

STING RAY

300m (freestyle swim with strong technique. Introduction into bent arm), backstroke, breaststroke and butterfly

Objectives:

- Introduction to bent arm
- Refine all 4 strokes
- Increase endurance
- Dives, turns and finishes

## 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

WORLD CHAMP	45 minute mini-squad – stamina and stroke focus
BRONZE SQUAD	50 minute fitness class - technique in all 4 strokes
SILVER SQUAD	55 minute fitness class - technique in all 4 strokes
GOLD SQUAD	60 minute fitness class - technique in all 4 strokes

### ADULT SKILLS & DEVELOPMENT SQUAD

90 minute fitness class - technique in all 4 strokes

Suitable for 16 yrs +

Adults/Triathletes/Open Water Swimmers/Masters

## FITNESS SQUADS

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

Classes Run Monday, Wednesday, Friday                      9:00am - 10:00am

\*These times may change during King's P.E. swim timetable

## ADULT LEARN-TO-SWIM CLASSES

### ADULT CLASSES - BEGINNER

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' programme and the main focus is on freestyle in these classes.

#### Beginner Class

Tuesday                      10.30am – 11.00am

Wednesday                      10.30am – 11.00am

#### Breather Class

Tuesday                      1.30pm – 2.00pm

#### Advanced Class

Wednesday                      1.30pm – 2.15pm

## KING'S SCHOOL SWIM CLUB

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 N.Z. Awards we won the national title of "New Zealand Swim Club of the Year" and were also one of three finalists in the country for "New Zealand Coach of the Year". This was an amazing achievement for a club that had only been established three years.

King's Swim Club Level Criteria		P.O.A per term
FOUNDATION	2 – 3 sessions per week	
DEVELOPMENT	3 – 4 sessions per week	
ELITE	4 – 6 sessions per week	

Important components of King's Swim Club include:

Dry land training • Goal setting • Swim Camps • Club Race Days • Nutrition plans • Parent workshops •

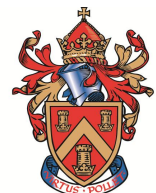
## KING'S SWIM SCHOOL - POLICIES

Below is some important information on our policies 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 by week 3 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 we have been contacted prior to the lesson, with proof of medical certificate, a make-up lesson may be offered where space is available. Credits or refunds are not given. This needs to be taken within 2 weeks of certificate unless discussed with management
- 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 at the latest as these will not rollover. No refunds will be given.
- Swimmers who do not show up for the first two lessons, and, for whom no payment has been received, will be removed from class.
- If you are travelling overseas and will miss more than 3 weeks of swim classes, a single make-up lesson may be provided by the Manager depending on the amount of notice given before leaving. However please note fees for the full Term are still required. Please contact the office for details.
- A \$40.00 cancellation fee is charged if you withdraw your child after the start of the term.

King's Swim School prides 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 programme 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 Hart  
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's Names \_\_\_\_\_

\_\_\_\_\_

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 \_\_\_\_\_

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Office Use Only

Level \_\_\_\_\_

Contacted Y / N