



## Hello and Welcome to King's School 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. The Swim School is open to everyone – King's boys, their families and the wider community.

We are proud to be recognized by Swimming New Zealand as a Gold Star facility and also a member of the Australian Swim Schools Association and the International Swim School Association. This allows us to offer the latest swim teaching initiatives and best practices at our Swim School through our access to this international network.

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 all our instructors have NZ recognised qualifications and carry a first aid certificate. We have compulsory in-house training every term to ensure our instructors are given regular 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 choose to continue in our Swimfit squad.

### **Repetition:**

Children learn through repetition and consistency so it is important to attend regular lessons to repeat and build skills. If your child misses a lesson it can take longer to develop a skill. Children who swim each term will progress faster than those who miss a term. For those who are struggling to combine skills, swimming twice a week is advisable. Week-long intensive programmes in the holidays also help swimmers progress. Recalling a skill daily will help to reinforce and build muscle memory.

Just as children are different learning other activities (eg riding a bike), all children progress at different rates with swimming. Not all children find the co-ordination of learning to swim easy, so please be patient and encourage them!

## Supervisors

Our Swim School employs supervisors who are constantly out on poolside assessing swimmers and giving guidance to instructors. If you would like to find out about 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 following the lesson that they will be able to provide feedback. Please do not approach the instructors directly 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 and the office will contact you if your child needs to move classes and will discuss availability.

## Instructor Qualifications

All King's Swim School instructors complete courses with industry recognised qualifications:

- NZQA National Certificate in Recreation & Sports (Aquatics) (Swim Education)
- AUSTSWIM

22299, 22300, 22301, 27498, 1312, 7016, 7018, 9681, 13377, 27302, 27541  
NZ Red Cross: Essential First Aid

Key staff have already completed:

NZRA / Skills Active: Pool Lifeguard Qualification  
St John: Defibrillator Training

All children have different learning styles and capabilities. In order to ensure that our instructors are up to date with latest education techniques and discoveries, our management team regularly attend industry conferences and have working relationships with Swim Schools in Australia. This allows us to ensure our programme is delivering the best swim instruction for your swimmer.

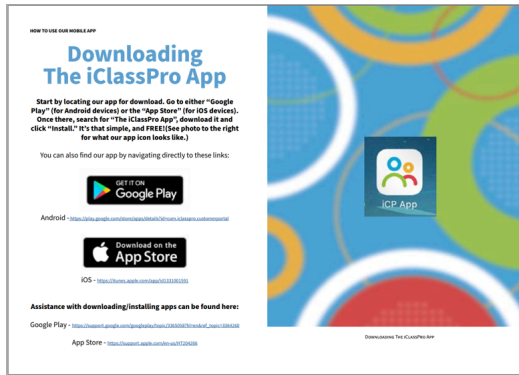
## Bookings

King's Swim School uses the software program iClass Pro.

We are dedicated to providing customers with the very best experience possible.

Families will be able to book enrollments, record absences, transfer days, book make ups, and make online payments.

Simply go to the App store and download as per below:



## 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

Ribbons are awarded to our poolside levels up to World Champs and can be collected from the reception staff.

- Awesome Orca
- Great White
- Tsunami
- Stringray
- Word Champs

### Fees

All Child/Youth Group Swim School Lessons \$21.00 per lesson

Adult Learn-to-Swim Lessons \$21.00 per lesson




Fitness Squad Lessons P.O.A.




Private One-on-one Lessons\* \$70.00 per lesson


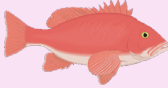

Holiday One-on-one Lessons\* \$50.00 per lesson



\*Dependent on availability



Prices may be subject to change



Toddler	Toddler	Pre School
<b>DORY</b> 	<b>NEMO</b> 	<b>TINY TURTLE</b> 
<b>Age</b> Beginner from 15 months	<b>Age</b> Advanced from 15 months	<b>Age</b> From 3 Years
<b>Key Goals</b> <ul style="list-style-type: none"> <li>• To introduce children into the wonderful world of swimming.</li> <li>• Create confidence and enjoyment.</li> <li>• With a parent or guardian in the water, a fun session educating both adult and child alike in water confidence and movement</li> <li>• Water Safety Awareness</li> </ul>	<b>Key Goals</b> <ul style="list-style-type: none"> <li>• To further advance a young child in key survival skills and forward propulsion.</li> <li>• Extend submersions</li> <li>• Introduce Pop-Up breathing</li> <li>• Confidence in and under the water</li> </ul>	<b>Key Goals</b> <ul style="list-style-type: none"> <li>• Promote independence from parent or guardian</li> <li>• Water confidence</li> <li>• Paddle &amp; Swim</li> <li>• Front &amp; Back Work</li> <li>• Submersions</li> <li>• Water Safety</li> </ul>
<b>Progression Criteria</b> <ul style="list-style-type: none"> <li>• Shows confidence</li> <li>• Attempting independence</li> <li>• Introduction to submersion</li> </ul>	<b>Progression Criteria</b> <ul style="list-style-type: none"> <li>• Individualized progressions until child is 3 and progresses to Pre-School Classes</li> </ul>	<b>Progression Criteria</b> <ul style="list-style-type: none"> <li>• I'm Happy</li> <li>• Safe Entry &amp; Exit</li> <li>• Front &amp; Back Float</li> <li>• Front Kick</li> <li>• Submersion</li> <li>• Paddle &amp; Swim</li> <li>• Assisted Jump &amp; Return</li> </ul>
<b>At Home Hints</b> <ul style="list-style-type: none"> <li>• Encourage water over the face in bath or shower using cue "Ready Go"</li> </ul>	<b>At Home Hints</b> <ul style="list-style-type: none"> <li>• Keep encouraging showers</li> <li>• Bubbles in the bath</li> </ul>	<b>At Home Hints</b> <ul style="list-style-type: none"> <li>• Bubbles in the bath</li> <li>• Goggles on in the bath</li> </ul>
<b>Time Expectation</b> <ul style="list-style-type: none"> <li>• As Assessed</li> </ul>	<b>Time Expectation</b> <ul style="list-style-type: none"> <li>• Progress to Pre School programme at 3 Years Old</li> </ul>	<b>Time Expectation</b> <ul style="list-style-type: none"> <li>• 6-9 months continuous swimming</li> </ul>



Pre School	Pre School	Pre School
<b>STAR FISH</b> 	<b>SWORDFISH</b> 	<b>FLYING FISH</b> 
<b>Age</b> From 3 Years	<b>Age</b> From 3-5 Years	<b>Age</b> 4 + Years
<b>Key Goals</b> <ul style="list-style-type: none"> <li>Survival Swim-swimmers are taught basic paddle &amp; swim to return to the wall, safety is key</li> <li>Unaided return to the wall</li> <li>Front &amp; Back Float</li> <li>Retrieve object from bottom of pool</li> <li>Basic Arm Circles</li> <li>Progression Criteria</li> <li>No Goggles Jump &amp; Return</li> <li>Front &amp; Back Float</li> <li>Front Kick</li> <li>Back Kick</li> <li>5m Swim</li> <li>Retrieve</li> <li>Arm Circles</li> </ul>	<b>Key Goals</b> <ul style="list-style-type: none"> <li>Introduction to freestyle swimming with a pop-up breath</li> <li>Back work</li> <li>Correct body position</li> <li>Dolphin kicks</li> <li>Dives</li> </ul>	<b>Key Goals</b> <ul style="list-style-type: none"> <li>Freestyle with introduction of side breathing</li> <li>Backstroke</li> <li>Basic breaststroke kick</li> <li>Dolphin kicks</li> </ul>
<b>At Home Hints</b> <ul style="list-style-type: none"> <li>Practice arm circles in front of mirror</li> <li>Bubbles in the bath</li> </ul>	<b>At Home Hints</b> <ul style="list-style-type: none"> <li>Practice arm circles in front of mirror, passing leg and "chopping off ears"</li> </ul>	<b>At Home Hints</b> <ul style="list-style-type: none"> <li>Practice arm circles at home and turning to breath with arm behind the ear</li> </ul>
<b>Time Expectations</b> <ul style="list-style-type: none"> <li>6-9 months continuous swimming</li> </ul>	<b>Time Expectation</b> <ul style="list-style-type: none"> <li>6-9 months continuous swimming</li> </ul>	<b>Time Expectation</b> <ul style="list-style-type: none"> <li>3-6 months continuous swimming</li> </ul>

SCHOOL AGE - In Water		SCHOOL AGE - In Water		SCHOOL AGE - In Water	
<b>WHIPA</b> <b>SNAPA</b> 		<b>SNAPA</b> 		<b>OLLY</b> <b>OCTOPUS</b> 	
<b>Age</b> From 5 Years		<b>Age</b> From 5 Years		<b>Age</b> 5-7 Years (Average)	
<b>Key Goals</b> <ul style="list-style-type: none"> <li>• Introduce water confidence to swimmers and encourage submersions and awareness in, on and under the water</li> </ul>		<b>Key Goals</b> <ul style="list-style-type: none"> <li>• Promote survival swimming.</li> <li>• Swimmer able to competently paddle and swim back to the wall.</li> <li>• Basic swimming skills and water safety</li> </ul>		<b>Key Goals</b> <ul style="list-style-type: none"> <li>• Introduce a freestyle swim with pop up breathing.</li> <li>• Swimmer to understand the basics of body position relating to breathing.</li> <li>• Introduce side breathing on the board.</li> </ul>	
<b>Progression Criteria</b> <ul style="list-style-type: none"> <li>• Submersion</li> <li>• Front &amp; Back Float</li> <li>• Front &amp; Back Kick</li> <li>• Paddle &amp; Swim</li> <li>• Safe Entry &amp; Exit</li> </ul>		<b>Progression Criteria</b> <ul style="list-style-type: none"> <li>• Torpedoes</li> <li>• Back Work</li> <li>• Basic Arm Circles</li> <li>• Survival Swim</li> <li>• Dolphin Kicks</li> <li>• Dives</li> </ul>		<b>Progression Criteria</b> <ul style="list-style-type: none"> <li>• Torpedoes</li> <li>• Freestyle Arms</li> <li>• Front &amp; Back Work</li> <li>• Breathing Position</li> <li>• Introductory Breaststroke kick</li> <li>• Basic Dolphin Kick</li> <li>• Dives</li> </ul>	
<b>At Home Hints</b> <ul style="list-style-type: none"> <li>• Goggles on and blowing bubbles in the bath.</li> <li>• Encourage showers</li> </ul>		<b>At Home Hints</b> <ul style="list-style-type: none"> <li>• Practice inhale / exhale with even air exchange</li> <li>• Bubbles in the bath</li> </ul>		<b>At Home Hints</b> <ul style="list-style-type: none"> <li>• Practice big arms in from of mirror.</li> <li>• Lying on tummy practice breaststroke kick</li> </ul>	
<b>Time Expectation</b> <ul style="list-style-type: none"> <li>• 6-9 Months continuous swimming</li> </ul>		<b>Time Expectation</b> <ul style="list-style-type: none"> <li>• 6-12 Months continuous swimming</li> </ul>		<b>Time Expectation</b> <ul style="list-style-type: none"> <li>• 6-9 Months continuous swimming</li> </ul>	

SCHOOL AGE - In Water	
<p><b>SUPA SEAL</b></p> 	<p><b>OXGEN EATER</b></p> 
<p><b>Age</b> 6-8 Years (Average)</p> <p><b>Key Goals</b></p> <ul style="list-style-type: none"> <li>• Introduce a strong freestyle swim combined with side breath.</li> <li>• Swimmers will work on correct body position needed when turning to breathe.</li> <li>• Distance will extend</li> </ul> <p><b>Progression Criteria</b></p> <ul style="list-style-type: none"> <li>• Kick Work-Front &amp; Back</li> <li>• Breathing Position</li> <li>• 4 Step Board Work</li> <li>• Swimming with 4 Steps</li> <li>• Backstroke</li> <li>• Breaststroke Kick</li> <li>• Dolphin Kick</li> <li>• Tumbles</li> <li>• Dives</li> </ul> <p><b>At Home Hints</b></p> <ul style="list-style-type: none"> <li>• Practice 4 Steps in mirror.</li> <li>• Lying on tummy practice breaststroke kick</li> </ul> <p><b>Time Expectation</b></p> <ul style="list-style-type: none"> <li>• 3-6 Months continuous swimming</li> </ul>	<p><b>Age</b> 7-9 Years (Average)</p> <p><b>Key Goals</b></p> <ul style="list-style-type: none"> <li>• Refine breathing position with freestyle over more distance.</li> <li>• Full understanding of both backstroke and freestyle in preparation for next level with instructor poolside.</li> <li>• Good understanding of breaststroke kick and basic breaststroke arms.</li> </ul> <p><b>Progression Criteria</b></p> <ul style="list-style-type: none"> <li>• Kick Work over several repetitions freestyle</li> <li>• Back streamline kick</li> <li>• Strong backstroke arms and kick</li> <li>• Freestyle swim hold breathing technique</li> <li>• Breaststroke kick</li> <li>• Breaststroke skull</li> <li>• Dolphin Kick</li> <li>• Tumbles</li> <li>• Dives</li> </ul> <p><b>At Home Hints</b></p> <ul style="list-style-type: none"> <li>• Lying on tummy practice breaststroke kick</li> <li>• Practice swimming arm / breathing arm in mirror</li> </ul>

SCHOOL AGE Instructor Poolside	SCHOOL AGE Instructor Poolside
<div data-bbox="42 140 308 175">AWESOME ORCA</div> <div data-bbox="445 134 535 261"></div>	<div data-bbox="565 140 767 175">GREATWHITE</div> <div data-bbox="890 140 1061 252"></div>
<div data-bbox="34 272 185 352"><b>Age</b> As Assessed Poolside Level</div> <div data-bbox="34 384 529 632"><b>Objectives</b><ul style="list-style-type: none"><li>• Freestyle with correct technique over 50m</li><li>• Backstroke with correct technique over 50m</li><li>• 50m master breaststroke kick and understand breaststroke skull</li><li>• Basics of butterfly relation to a "whole body movement"</li><li>• Tumble turn and push off</li><li>• Dives</li></ul></div> <div data-bbox="34 691 501 770"><b>At Home Hints</b><ul style="list-style-type: none"><li>• Practice forward somersaults to help with tumble turns</li></ul></div> <div data-bbox="34 802 417 858"><b>Average Time in Group</b><ul style="list-style-type: none"><li>• 6-9 Months continuous swimming</li></ul></div>	<div data-bbox="557 272 708 352"><b>Age</b> As Assessed Poolside Level</div> <div data-bbox="557 384 1039 632"><b>Objectives</b><ul style="list-style-type: none"><li>• Improve endurance and hold technique for freestyle and backstroke over 100m</li><li>• Extend the breaststroke skull to a correct pull and glide</li><li>• Fly body undulation and understanding movement</li><li>• Tumble turns</li><li>• Dives</li></ul></div> <div data-bbox="557 663 938 719"><b>Average Time in Group</b><ul style="list-style-type: none"><li>• 6-9 Months continuous swimming</li></ul></div>

SCHOOL AGE Instructor Poolside	SCHOOL AGE Instructor Poolside
<div data-bbox="64 140 208 175">TSUNAMI</div> <div data-bbox="415 140 548 256"></div>	<div data-bbox="586 140 751 175">STING RAY</div> <div data-bbox="885 140 1076 252"></div>
<div data-bbox="57 272 208 352"><b>Age</b> As Assessed Poolside Level</div> <div data-bbox="57 384 538 603"><b>Objectives</b><ul style="list-style-type: none"><li>• Introduction to bi-lateral breathing</li><li>• Increase endurance and hold technique for backstroke</li><li>• Master breaststroke kick, arms &amp; timing</li><li>• Butterfly timing</li><li>• Tumble turns</li><li>• Dives</li></ul></div> <div data-bbox="57 635 441 687"><b>Average Time in Group</b><ul style="list-style-type: none"><li>• 6-9 Months continuous swimming</li></ul></div>	<div data-bbox="580 272 731 352"><b>Age</b> As Assessed Poolside Level</div> <div data-bbox="580 384 869 520"><b>Objectives</b><ul style="list-style-type: none"><li>• Introduction to bent arm</li><li>• Refine all 4 strokes</li><li>• Increase endurance</li><li>• Dives, turns and finishes</li></ul></div> <div data-bbox="580 552 962 604"><b>Average Time in Group</b><ul style="list-style-type: none"><li>• 6-9 Months continuous swimming</li></ul></div>

SQUADS 	SQUADS 
WORLD CHAMPS	SWIMFIT
<p><b>Age</b> As Assessed Poolside Level 45 Minute class</p> <p><b>Objectives</b></p> <ul style="list-style-type: none"><li>• Beginning of first level of mini-squad.</li><li>• All 4 strokes are given individual attention, with a 10 week program with a different weekly focus working on:</li></ul> <p><b>Skills</b></p> <ul style="list-style-type: none"><li>• Aerobic fitness</li><li>• Technique</li><li>• Speed</li></ul> <p><b>Average Time in Group</b></p> <ul style="list-style-type: none"><li>• 6-9 Months continuous swimming</li></ul>	<p>This group is designed to keep swimmers engaged and is an exceptional way to keep fit, no matter what sport you play.</p> <p>Swimmers will have a 50 minute session, focusing on all four strokes followed by a 30 minute fun session. Each week there will be a specific focus or activity including race nights, crazy races, themed weeks and a swimathon so there will be lots to keep your swimmers excited!</p> <p>To be eligible for this group all swimmers must have spent a minimum of three consecutive terms in World Champs and have mastered all goals required to move. Minimum age of 10 years old.</p> <p><b>Times:</b></p> <p>Weekdays: 5.30pm to 6.50pm</p> <p>Please note due to pool availability this option is not available on Saturdays or Sundays however we do run a fitness squad on Saturday mornings from 7.30am to 8.20am and 9.20 to 10.10am</p> <p>The cost of a SwimFit session will remain the same as a 30 minute swim lesson and swimmers will still be eligible for one free make up per term where space is available.</p>

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

Beginner Class    Offered upon request

Breather Class    Offered upon request

Advanced Class    Offered upon request

All classes are 30 minutes in duration.

All King's Swim School policies and procedures are detailed on the iClass App

Vicki Hart  
Aquadome and Swim School Manager  
Ph 520 3545  
Email: [aquadome@kings.school.nz](mailto:aquadome@kings.school.nz)

#### OFFICE OPENING HOURS

Monday - Friday	8.30am - 5.00pm
Saturday	8.00am - 1.00pm
Sunday	Office closed

We welcome all feedback, please contact us:  
E-mail: [aquadome@kings.school.nz](mailto:aquadome@kings.school.nz)  
Phone: 09 520 3545