



COASTLANDS AQUATIC CENTRE REGISTRATION FORM – SwimBegin

Participant’s full name: _____

Date of birth _____ **Male /Female**

Parent/Caregiver: _____

Postal address (include suburb and postcode): _____

Home Phone: _____ **Work Phone:** _____

Mobile: _____ **Email:** _____

Medical information (e.g. Asthma, diabetes, disability or special needs): _____

Cost: First week \$42.50 for 5 lessons
Second week \$42.50 for 5 lessons
Two weeks \$70.00 for 10 lessons

Dates: Monday 30 September – Friday 4 October
Monday 7 October – Friday 11 October

OFFICE USE ONLY

Amount Paid: _____ Taken By: _____

SwimBegin 4-6 / SwimBegin 6+ / SwimImprove / SwimDevelop

(Circle your choice)

Please enquire at reception for specific times available and to make your booking. Payment is required at time of booking.

SwimBegin, SwimImprove and SwimDevelop programmes are our affordable block swim lessons in which each level includes two or more levels of our regular swim school. Class sizes are bigger than our term classes – which is how we can make them so affordable.

SwimDevelop	8.00am - 8.30am
SwimImprove	8.30am - 9.00am
SwimBegin 4 - 6	9.00am - 9.30am
SwimBegin 6+	9.30am - 10.00am

CLASS DESCRIPTIONS

In order to make these block lessons more affordable, class sizes are bigger than usual and cater for more than one level in each class. Details are below;

Holiday Levels	Term Time Levels	Term Time Learning
SwimBegin 4-6 years 30 minutes	Whitebait Inanga Kokopu Koaru Orange Roughy	For new and timid learners, finding out about floating, submersion and streamlining with kicking front and back. Introduction to essential water safety skills and knowledge, including treading water.
SwimBegin 6 years & up 30 minutes	Orange Roughy	For learners, finding out about floating, submersion and streamlining with kicking front and back. Introduction to breaststroke kick. Guided attempts at correct arm strokes and simulated safety circumstances.
SwimImprove 30 minutes	Tarakihi	For those who can float front and back, glide with a long body and show long legged kicking. Learning to use rhythmic breathing, more complex body skills and sequences. Introduction to breaststroke kick. Guided attempts at correct arm strokes and simulated safety circumstances.
	Hapuku	For children who have propulsive skill. Developing body techniques to facilitate side breathing and strong mechanics. Further development of accurate arm strokes and sequencing skills. Introduction to breaststroke kick into treading water. Learning to scull and cope with underwater experiences.
SwimDevelop 30 minutes	Broadbills	Swimming longer distances. Refining the complex skills of freestyle and backstroke as whole strokes. Works to develop breaststroke coordination, dolphin kicking and early diving abilities. Water safety aspects introduce reach and throw rescue efforts.
	Moray Eels	Lessons focus on building controlled distance with freestyle and backstroke development precision. Accurate breaststroke is worked on over longer distances. Diving and underwater skills are progressed. Strong survival skills are encouraged with experience using lifejackets and distance swimming.