



**OTAKI POOL 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

**Dates:** Monday 30 September – Friday 4 October

**OFFICE USE ONLY**

Amount Paid: \_\_\_\_\_ Taken By: \_\_\_\_\_

**Swim Begin 4-6 / Swim Begin 6+ / Swim Improve / Swim Develop**

(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, SwimDevelop and SwimSmart 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.

Swim Develop	8.00am - 8.30am
Swim Improve	8.30am - 9.00am
Swim Begin 6 +	9.00am - 9.30am
Swim Begin 4-6	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
<b>Swim Begin</b> <b>4-6 years</b>  30 minutes	<b>Whitebait</b> <b>Inanga</b> <b>Kokopu</b> <b>Koaru</b> <b>Orange Roughy</b>	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.
<b>Swim Begin</b> <b>6 years &amp; up</b>  30 minutes	<b>Orange Roughy</b>	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.
<b>Swim Improve</b>  30 minutes	<b>Tarakihi</b>	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.
	<b>Hapuku</b>	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.
<b>Swim Develop</b>  30 minutes	<b>Broadbills</b>	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.
	<b>Moray Eels</b>	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.
	<b>Bronze Whalers</b>	Fine tune all stroke to a high level of expertise. 50 and 100m of correct techniques expected. Racing starts and turns. Survival in cold water.
	<b>Orca</b>	Training squad, coached to develop fitness and speed with strong, correct stroke mechanics. Distance and speed certificate challenges. Timed swims and relay team work.