



**Learn to swim  
for a lifetime  
of enjoyment!**

Swim Coach  
Jonathan Rodgers  
SWIMFIT



**Register  
Online  
Today!**

# Swimming Lessons TERM 2 (2023)

**Guests Welcome**  
(terms & conditions apply)

Notes:  
Term 2 starts from 28 Aug  
to 14 Oct 2023 (total 6-7  
lessons offered)

No group lessons during  
public holidays.



Scan the QR code to register

## GROUP LESSONS

### Mon/Tue/Wed/Thu Classes

From 3:15pm to 6:15pm

### Sat Classes

From 9:00am to 12:15pm

- **Pre-School Penguin**
- **Beginner 1 Seahorse**
- **Beginner 2 Starfish**
- **Advanced (able to swim freestyle & breaststroke for 15 meters)**
- **Parent & Infant (B) 18-36 months**

## GROUP LESSONS FEE

30 minutes - \$210  
40 minutes - \$250  
50 minutes - \$300  
60 minutes - \$375

## PRIVATE LESSONS 1:1

30 minutes - \$500  
40 minutes - \$650  
60 minutes - \$850

## SEMI-PRIVATE LESSONS 1:2

30 minutes - \$600  
40 minutes - \$750  
60 minutes - \$950

**Register Online** at <https://alt.jotfor.ms/231061971358457>

Please refer to class schedule for details. For enquiries, please e-mail to [paultasem@cchly.com](mailto:paultasem@cchly.com) or call the Fitness Centre on 2657 8292. Member's guest to add 10% on top of the advertised fees.

To sign up, scan the QR code or call The Fitness Centre on 2657 8292 for enquiries.

## 2023 TERM 2 SWIMMING LESSONS SCHEDULE

Day	Lessons Dates	Level	Time	Duration	Total Fee	Max Kids
Monday	Aug 28 Sep 4,11,18,25 Oct 9 No class on 2 Oct (PH) 6 lessons	Pre-School Penguin (approx. 3-4 years)	3:15pm-3:45pm	30mins	\$1,320	3
		Beginner 1 Sea Horse	3:45pm-4:30pm	45mins	\$1,500	4
		Beginner 2 Starfish	4:30pm-5:15pm	45mins	\$1,500	4
		Advanced	5:15pm-6:15pm	60mins	\$1,770	8
Tuesday	Aug 29 Sep 5,12,19,26 Oct 3,10 7 lessons	Beginner 1 Seahorse (A)	3:15pm-4:00pm	45mins	\$1,750	4
		Beginner 1 Seahorse (B)	4:00pm-4:45pm	45mins	\$1,750	4
		Beginner 2 Starfish (A)	4:45pm-5:30pm	45mins	\$1,750	4
		Beginner 2 Starfish (B)	5:30pm-6:15pm	45mins	\$1,750	4
Wednesday	Aug 30 Sep 6,13,20,27 Oct 4, 11 7 lessons	Pre-School Penguin (approx. 3-4 years)	3:15pm-3:45pm	30mins	\$1,540	3
		Beginner 1 Seahorse	3:45pm-4:30pm	45mins	\$1,750	4
		Beginner 2 Starfish	4:30pm-5:15pm	45mins	\$1,750	4
		Advanced	5:15pm-6:15pm	60mins	\$2,065	8
Thursday	Aug 31 Sep 7,14,21,28 Oct 5,12 7 lessons	Beginner 1 Seahorse (A)	3:15pm-4:00pm	45mins	\$1,750	4
		Beginner 1 Seahorse (B)	4:00pm-4:45pm	45mins	\$1,750	4
		Beginner 2 Starfish (A)	4:45pm-5:30pm	45mins	\$1,750	4
		Beginner 2 Starfish (B)	5:30pm-6:15pm	45mins	\$1,750	4
Saturday	Sep 2,9,16,23 Oct 7,14 No class on 30 Sep (PH) 6 lessons	Parent and Infant (approx. 18months - 3yrs)	9:00am-9:45am	45mins	\$1,500	8
		Beginner 1 Seahorse	9:45am-10:30am	45mins	\$1,500	4
		Beginner 2 Starfish	10:30am – 11:15am	45mins	\$1,500	4
		Advanced	11:15am – 12:15pm	60mins	\$1,770	8

### LEVEL DESCRIPTIONS

For beginner 1 level and above, students are placed depending on their swimming ability and confidence, rather than their age.

**Parent & Infant (18 to 36 months)** – this class offer great introduction to the world of swimming. Infants will become familiar with aquatic environment, develop confidence through participation in a range of safe, enjoyable activities with the important emphasis of 'learning through play'.

**Pre-School** – An introduction to water without parental support. Lots of fun games, equipment and activities will have your children water confident in no time. Students are introduced to basic breath control and submersion (if ready) and will explore movement, floating and balance in shallow water.

**Beginner 1** – At this level, the primary aim is to build self-confidence in the water and introduce the basic skills of floating, gliding and submerging. Students will progress towards basic freestyle, including correct body position, a strong flutter kick and basic arm movement (under or over the water).

**Beginner 2** – At this level, students will already be able to swim a minimum of 10 meters unaided. Skills will also include in every lesson such as floating in different ways, push and glide with rotation, picking up items from pool bottom (with & without goggles), treading water and safe entry & exit.

**Advanced** – Anyone could swim freestyle and breaststroke for 15 meters . More advanced techniques will be introduced and to developing endurance to at least 20 meters while maintaining these techniques.