

Dolphin Squad

The Mossman Swim School offers the confident swimmers an advance squad program. Our programs cater for club swimmers, nippers & squad training.

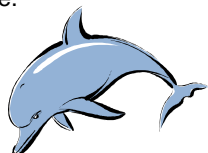
The dolphin squad training program is based on levels. Level 1, Level 2 & Level 3.

Level 1

- Progress from 25m to continually swimming 50m
- Swim all strokes at basic level
- Maintain fitness
- Stroke correction
- Stroke development
- Further development
- Group training focusing on developing each stroke correctly.

Level 2 –Level 3

- Fitness
- Stroke correction
- Stroke development
- Continuous swimming
- Various forms of training—cardio workout, aerobic training, endurance training, Competition and sprint training and more.



Mossman Riverside Leisure Park is committed to ensuring that the safety, welfare and wellbeing of children is maintained at all times during their participation in our Swim School.

Terms and Conditions

- All lessons must be paid prior to lessons commencing. EFTPOS NOT AVAILABLE.
- Catch up lessons are only available for the Learn-to-Swim Program. 24 hrs notice must be given to the office. Lessons are not guaranteed
- Parents must report to office on arrival
- Swimmers must abide by all the rules.
- Private lessons are available at \$50.00 per 1/2 hr session
 - A minimum of 4 private sessions must be booked and paid for in advance.
 - Private lessons are allocated a time slot outside our normal program and management holds the right to change this with 48hrs notice.

Learn-to-Swim Hours

Monday-Thursday

Afternoons Classes

Monday, Wednesday, Thursday

Morning Classes

Saturdays

Morning classes

Dolphin Squad

Monday-Thursday

From 3.30pm

Summer Pool Hours

Mon to Fri	6.00am-6.30pm
Saturdays	8.00am-5.00pm
Sundays	9.00am-5.00 pm

Mossman Swim School



**Catering for
Infants to Squad**

Private Lessons also available

Our swimming teachers are Austswim trained, qualified coaches, Pool Lifeguards and hold current Suitability Card

07 4098 2627

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Welcome to Mossman Learn-to-Swim Program

We believe it is important for children of all ages to be familiar with water, and be educated about water survival and water safety.

Our programs have a balance of stroke development and water safety/survival.

Our Programs

Children are placed according to their swimming abilities. Our swim school caters for children from beginners through to competitive swimmers. During the first week, your child will be assessed by our qualified instructor and relocated into the correct group.

How much will it Cost?

Learn-to-swim = \$11.00 per lesson.

Squad = \$11.00 per lesson

Payment for swimming lessons are required prior to starting lessons. Lessons are invoiced in advance per school term. *EFTPOS NOT AVAILABLE*

How many lessons a week should my child do?

We recommend 2 lessons per week. This provides the children an opportunity to learn a new skill and practice it. It is also recommended that parents continue to practice these skills in-between lessons.

What to bring

- Flippers (Barras and Squad)
- Swim cap (compulsory Eels, barras & dolphin squad)
- Water nappies (compulsory - for babies)
- Towel
- Dry clothes
- Rash shirt (highly recommended)
- Goggles
- Hat and sunscreen

Prior to the class, please ensure your child is protected with sunscreen and appropriate sun-safe swim wear and visits the toilet.

Learn-to-Swim

Nemos 6-12months Parent/Infant Class

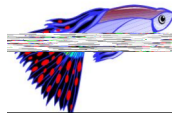


During our 1/2 hour program, we sing, play and explore the water. Our goals are to:

- Allow the infant to experience the feeling of their bodies in the water
- Experience water being poured over their head
- Enjoy playful experiences and become relaxed in the pool

Parents will:

- Develop confidence in holding their baby in the water
- Observing the infant's responses to the water
- Familiarising themselves with safety procedures



Guppies 12months-24 months* Parent/child class

Through songs and games the children will:

- Start exploring the water independently
- Learn a variety of ways to enter the pool
- Submerges face
- Start blowing bubbles
- Use kicking motion to move around the pool
- Begin to use arms with support of parents

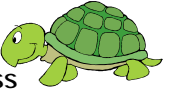
Octopuses 2-3 years Parent/Child Class



With some help from Mum or Dad the child will develop;

- The ability to doggie paddle with floaties
- Put head under water
- Swim back to edge after entering into pool
- Move around the pool safely

Tortoises First independent class



This is the child's first independent lesson without parents. During this period they will develop;

- Swim back to edge of pool
- Submerge under water
- Use an aide to swim across pool independently
- Begin to use 'big' arms
- Enter and exit pool independently.

Platypus

We focus more on floating and water safety once entering the water. Children will:

- Swim unassisted
- Begin swimming freestyle
- Float unassisted
- Recognize where safety is and swim towards it.



Eels

By now children have the ability to swim unaided and will start developing the concept of breathing correctly. Children will be introduced to other strokes and further develop, water safety concepts and assist other is danger.

Barras Confident swimmers



Children are now familiar with all swimming strokes. We will continue to promote correct stroke technique and children will start to swim laps of 25 metres increasing to 50 metres. Children will develop knowledge of water survival and assisting others in need of help.

Once children have completed all levels of LTS they will then progress to the dolphin squad.