



# Parafield Gardens Swim School

## Swimming Lessons

8285 3666

Kings Rd Cnr Martins Rd  
Parafield Gardens

[www.parafieldgardensswimschool.com.au](http://www.parafieldgardensswimschool.com.au)

### Price List & Timetable

#### Closed Public Holidays

**All Programmes as Normal Throughout School Holidays**

#### Baby Splash

Free Introductory class for babies 2 - 4mths

Monday	9.00am
Tuesday & Wednesday	10.00am
Saturday	10.30am & 11.30am
Sunday	11.30am

#### Water Babies

\$20.50 per class or \$184.50 block of ten

Mon, Tue, Thu, Fri	9.00am-11.00am
Wednesday	9.00am-12.00pm
Monday, Thursday, Friday	3.30pm-6.00pm
Tuesday & Wednesday	3.30pm-7.00pm
Saturday	9.00am-12.30pm 1.00pm-3.00pm
Sunday	9.00am-12.00pm

#### Learn To Swim Classes

\$23.00 per class or \$207.00 block of ten

Mon, Tue, Thurs, Fri	9.00am-11.00am
Wednesday	9.00am-12.00pm
Monday, Thursday, Friday	3.30pm-6.00pm
Tuesday & Wednesday	3.30pm-7.00pm
Saturday	9.00am-12.30pm 1.00pm-3.00pm
Sunday	9.00am-12.00pm

#### Angelfish Learn To Swim Program

\$46.00 per class or \$414 block of ten

Tuesday & Wednesday	11.00am-12.00pm
Wednesday	3.30pm-6.00pm
Thursday	3.30pm-6.00pm
Sunday	12.30pm-3.00pm

#### Adult Learn To Swim

\$216.00 block of ten for a 1 hour class OR  
\$24.00 (casual visit, booked 1 week in advance)

#### Beginner Classes

Monday	7.10pm
Tuesday	9.00am & 6.00pm
Thursday	9.00am & 7.10pm
Saturday	12.00pm & 1.00pm

#### Intermediate Classes

Tuesday	10.00am & 6.00pm
Wednesday	9.00am
Thursday	10.00am
Saturday	2.00pm
Sunday	11.00am

#### Advanced Classes

Wednesday	10.00am & 6.00pm
Saturday	12.00pm

**Blocks are transferable but NOT refundable**

#### MAKE-UP LESSONS

Lessons missed in one block MUST be made up by the end of the following block.

#### HOLDING FEES

If you pay per class you have the option of paying a holding fee to hold your spot in the class.

Water Babies classes	\$6.00
Learn To Swim classes	\$8.50



### WATERBABIES

Maximum 8 per class. 30 minutes

These classes are a wonderful way to introduce your baby to water confidence & familiarisation in the water through games and songs. The class consists of two levels:

- **Baby Splash** : 2 - 4mths
- **Waterbabies 1** : 4mths - 18mths
- **Waterbabies 2** : 18mths - 2 1/2 years

Parent participation is required in this class and all children not toilet trained are required to wear a waterproof nappy.



### TADPOLES

Maximum 4 per class. 30 minutes

It's time to venture out to the depths without Mum or Dad. Water confidence is a must and in this Tadpole group the children wear a backpack and have lots of fun while they are learning new skills. When a 4 metre swim without floatation, a confident back float & face in the water blowing bubbles is achieved it's time for our little Tadpole to move to the next class.



### GOLDFISH

Maximum 3 per class. 30 minutes

In this class, we introduce the basic components of freestyle and backstroke, torpedoes with face in the water blowing bubbles, back floating & submersions.



### STARFISH

Maximum 3 per class. 30 minutes

In Starfish we concentrate more on introducing freestyle and backstroke arms. We introduce activities to develop correct floatation, body position, correct arms & breathing techniques in freestyle and backstroke using a board.



### STINGRAYS

Maximum 4 per class. 30 minutes

The Stingray class concentrates more on breathing techniques in freestyle & backstroke. Once 7 metres of freestyle with correct stroke & breathing and 7 metres of backstroke with correct stroke are achieved, our students then advance to the next stage.



### DOLPHINS

Maximum 5 per class. 30 minutes

This class continues to focus on freestyle & backstroke techniques, working to improve the pupil's fitness by increasing the distance swum. Once 12.5 metres with correct stroke & bilateral breathing are achieved the pupil can then advance to the next stage.



### SHARKS

Maximum 7 per class. 45 minutes

This class introduces breaststroke to the pupils and is held in the deeper end of the pool. Emphasis is still concentrated on technique and again we encourage further distances to be swum. 30 metres freestyle, 30 metres backstroke & correct breaststroke kick need to be achieved before moving to the next class.



### WHALES

Maximum 10 per class. 60 minutes

In Whales we introduce the new stroke of butterfly and further refine the other three strokes. Increased work on conditioning is also undertaken. To graduate from this class 50 metres of correct freestyle, backstroke and breaststroke & 25 metres of butterfly need to be achieved.



### ANGELFISH

One on One Swimming Lessons

The Angelfish Learn to Swim Program is a specially designed, one on one swimming lesson for children with a range of developmental, behavioural or learning difficulties. Some children need a little bit more time, attention & understanding. Joining our Angelfish Program, even for just a little while, gives your child that extra support and guidance.



### Block 1 Payment Week: 1 - 7 Jan

#### January

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
	30	31				

#### February

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

### Block 2 Payment Week: 12 - 18 Mar

#### March

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

#### April

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
						

### Block 3 Payment Week: 21 - 27 May

#### May

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

#### June


M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	19	20	21	22	23	24
25	26	27	28	29	30	

### Block 4 Payment Week: 30 Jul - 5 Aug

#### July

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

#### August

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
	28	29	30	31		

#### September

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### Block 5 Payment Week: 8 - 14 Oct

#### October

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

#### November

M	T	W	T	F	S	S
			1	2	3	4
	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

#### December

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### Public Holidays

Jan 1 New Year's Day

Jan 26 Australia Day

Mar 12 Adelaide Cup Day

Mar 30 Good Friday

Mar 31 Easter Saturday

April 1 Easter Sunday

April 2 Easter Monday

April 25 Anzac Day

June 11 Queen's Birthday

Oct 1 Labour Day



\* Lenny the Learner's SWIM SAFETY WEEK

\*PLEASE NOTE: Lessons as normal throughout school holidays