



GEORGIE PARKES SWIM SCHOOL



Ironside State School Pool, Hawken Drive, St Lucia, Q, 4069

TERM 3, 2021
Monday 12 July to Saturday 18 September (10 weeks)

BOOKINGS: gpswimschool@gmail.com OR 0416 249 853

Available lessons:

Prep 1 Learn to Swim (4yrs & over)

Prep 2 Learn to Swim

Prep 3 Learn to Swim

Advanced Learn to Swim 1

Advanced Learn to Swim 2

PRIVATE lessons

Aquaphobia (fear of water) lessons

Stroke Development 1 (30min)

Stroke Development 2 (45 mins)

Mini Squad (45 mins)

Junior Squad (60 mins)

Senior Squad (75/90 mins)

High School Fitness(60 min)

ADULT SWIM Fit /ADULT FIN swim



Monday		Tuesday				Wednesday				Thursday			Friday			Saturday AM						
A M	Adult Swim Fit 6-.00- 7.00am Senior Sq 7.00-8.30 Junior Squad 7.30-8.30am Mini Squad 8-8.45am															Adult FIN FIT 7-8am Senior Sq 7-8.15am Junior Squad 7-8am Mini squad 7.30-8.15 Stroke Dev 1 8.30-9.00am Stroke Dev 2 9.00-9.45am						
	3.15-3.45	Prep 2	ADV LTS 1	ADV LTS 1	STK DEV 1	Prep 1	Prep 2	Prep 3	ADV LTS 1	Prep 1	Prep 2	ADV LTS 1	STK DEV 1	Prep 3	ADV LTS 1	ADV LTS 2	Prep 1	Prep 2	ADV LTS 2		ADV LTS 2	ADV LTS 1
	3.45-4.15	Prep 1	Prep 3	ADV LTS 1	ADV LTS 2	Prep 1	Prep 3	ADV LTS 1	ADV LTS 2	Prep 2	Prep 3	ADV LTS 1	ADV LTS 2	Prep 1	Prep 3	Prep 3	Prep 3	ADV LTS 1	ADV LTS 2	Stroke Dev 1	ADV LTS 2	Prep 2
	4.15-4.45	Prep 1	Prep 3	ADV LTS 1	ADV LTS 2	Prep 1	Prep 2	ADV LTS 1	ADV LTS 2	Prep 1	Prep 3	ADV LTS 1	ADV LTS 2	Prep 2	ADV LTS 1	ADV LTS 2	Prep 2	ADV LTS 1	Prep 3		ADV LTS 2	Prep 3
	4.45-5.15	PRIV ATE	Prep 2	ADV LTS 1	ADV LTS 2	Prep 2	Prep 2	ADV LTS 1	STK DEV 1	Prep 2	Prep 3	ADV LTS 1	STK DEV 1	Prep 2	ADV LTS 1	STK DEV 1	Prep 1	Adv LTS 1	ADV LTS 2	ADV LTS 1	Prep 3	Prep 1
5.15-5.45	5.15pm classes on request				5.15pm classes on request		Prep 1	5.15pm classes on request					5.15pm classes on request						Prep 3	Prep 2	Prep 1	
Stroke Development 2 3.15 to 4.00 Stroke Development 1 3.15-3.45 Stroke Development 1 4.00-4.30		Stroke Development 1 3.15- 3.45 Stroke Development 2 3.45-4.30 Stroke Development 1 4.45-5.15				Stroke Development 2 3.15 to 4.00 Stroke Development 1 3.15-3.45 Stroke Development 1 4.00-4.30 & 4.45-5.15				Stroke Development 1 3.15-3.45 Stroke Development 2 3.45-4.30 Stroke Development 1 4.45-5.15			Stroke Dev 1 3.15 to 3.45 Stroke Dev 2 3.45-4.30 Stroke Dev 1 4.30-5.00pm			Private lessons by request						
Mini Squad 4.30-5.15pm		Mini Squad 4.30-5.15pm				Mini Squad 4.30-5.15pm				Mini Squad 4.30-5.15pm												
		Adult Learn to Swim 5.45-6.30pm								Adult Learn to Swim 5.45-6.30pm												
Junior Squad 5.15-6.15pm Senior Squad 5.15-6.30pm High School Squad 5.15-6.15pm		Junior Squad 5.15-6.15pm Senior Squad 5.15-6.30pm High School Squad 5.15-6.15pm				Junior Squad 5.15-6.15pm Senior Squad 5.15-6.30pm High School Squad 5.15-6.15pm				Junior Squad 5.15-6.15pm Senior Squad 5.15-6.30pm High School Squad 5.15-6.15pm												

FEES are paid PER TERM (10 weeks) in advance. All fees are inclusive of GST where applicable.

Book a SECOND Learn to Swim lesson ANY DAY and receive 25% discount off that class for the term!!!

*This discount cannot be used in conjunction with any other discounts



* to receive the discount the second lesson must be booked 3.45pm or later class or Saturday mornings.

- **Public Holidays and any CREDITS will be deducted on your invoice.**

Make up classes for are STRICTLY upon availability and NOT guaranteed. Please read our policy on makeup classes.

Term 3, 2021 LESSONS	1 lesson per week (10 weeks)	2 lessons per week (10 weeks)	3 lessons per week. (10 weeks)
Prep Learn to Swim 1, 2, 3	\$200.00	\$400.00	\$500.00
Adv Learn to Swim 1 & 2		\$350.00 * *(if 2 nd booking is after 3.45pm)	50% discount on 3 rd lesson each week – no further discounts
Stroke Development 1 & 2			
Mini Squad Junior Squad (2 lessons/ week required)	\$200.00 (Incl \$16 gst)	\$400.00 (incl \$31gst)	\$500.00 (incl \$40 gst) 3 or more sessions per week.
High School Squad	\$200.00	\$400.00 (Up to 4 sessions)	
Senior Squad (up to 6 sessions/wk)			\$500.00 (incl \$40 gst)
Adult Squads	\$20.00 per session pay as you go or \$150.00 for the term.		
PRIVATE LESSONS (30 minutes) Children & Adults	One student per lesson: \$540.00 per term (9 lessons) Two students per lesson: \$35.00 per person.		

Booking Procedure:

1. Prior to making a booking you must know your child's class level.
Parents of the current terms swimmers will be notified via email prior to bookings opening if they are to progress levels for the following term. The children will also receive a certificate confirming the completion of their current level at the end of the term.

If you have a NEW swimmer please contact us for a FREE ASSESSMENT prior to making a booking.

2. In the first instance bookings are best done via our ONLINE platform. Once you click on the BOOKING LINK you will see all available classes for your child's level. You simply choose a class time most suitable and submit your request. Once your request is approved you will receive an invoice by email to be paid in full to confirm your booking.
3. **BOOKINGS for term swimming will be done in 3 stages prior to the end of the current term.**
STAGE 1: All current swimmers who are rebooking their exact same lesson including day and time.
STAGE 2: All current swimmers who are changing their lesson (level, day or time)
STAGE 3: All non TERM 2 swimmers
4. HOLIDAY intensive bookings will also be available ONLINE via a BOOKING LINK. There is no priority for HOLIDAY bookings.
5. If your child requires an assessment, is new to GPSS or you would like to discuss any aspect of your child's swimming, please contact Georgie Parkes SWIM SCHOOL by email or phone prior to booking a class. Grading every child into their correct level is imperative for optimal learning outcomes.
6. Payment must be received within 5 days to confirm your child's booking.
During our busy periods if payment is not received, without prior notice bookings will drop out of our system.

E: gpswimschool@gmail.com

I: www.gpswimschool.com

Make up class POLICY

for Learn to Swim & Stroke Development classes

Please read and understand our MAKE UP class policy before registering your child for swimming lessons.

We absolutely want your children to attend every one of their classes during the term. This helps in every way to improve their swimming ability and development in the pool.

However, it is logistically and physically impossible for us to offer make up classes without having prior notice of children's absences. Once we know of an absence we can then offer that place as a [makeup class to another child of the same level](#).

GPSS policy on makeup classes requires notice by 10.00am on the morning of your child's absence if they have an afternoon class OR 8.00pm the evening prior if they have a morning class.

It is important your child does not attend swimming lessons when they are sick or have flu like symptoms.

Make up classes are subject to availability and CANNOT BE GUARENTEED.

Notice must be received via email gpswimschool@gmail.com and make up classes will be offered when another child in the same level is absent. A maximum of two (2) different make up class times options will be offered. If your child cannot attend either of these they will forfeit their make up class. Make up classes must be taken in the same term as the absence.

DANGEROUS weather conditions: Make up classes are not available for lessons cancelled due to 'Acts of God', this includes Thunderstorms and lightening. Our staff will be at the pool to take care of swimmers during their class time should lessons be cancelled during the afternoon.

COVID lockdowns: In the situation of enforced government lockdown due to the COVID virus of 7 days or less, refunds will NOT be permitted and make ups will be provided on availability basis only.

In extenuating circumstances GPSS management will consider case by case.

CLASS DESCRIPTIONS:

PREP Learn to Swim 1: a beginner class for children who have had limited exposure to swimming and no formal swimming lessons. The aim of this class is to familiarize students with the water, build their confidence, develop independence and safety / survival skills along with developing the foundations of stroking with a strong emphasis on correct kicking, floating and gliding. Max 3 per class. (approx. age 4-5yrs)

Prep Learn to Swim 2: Is for the independent swimmer who is water confident and beginning stroking. The class aims to develop breath control, freestyle stroking and coordinated kicking to prepare the children for learning side breathing in Prep 3. Backstroke, and independent front and back kicking and floating are also practiced. Max 4 per class.

PREP Learn to Swim 3: Children are at a “water safe” level, and independently floating, kicking streamline and developing controlled coordinated freestyle stroking. The main focus of this class is to introduce side breathing technique in freestyle, along with increasing kicking strength, independent backstroke techniques and dolphin kicking. Swimming in the deep end, sculling, squat dives and somersaults are also introduced. Max 4 per class.

ADVANCED Learn to Swim 1: Children must be able to correctly stroke freestyle and backstroke, have learnt introductory one side breathing in freestyle, dolphin kick and perform full water safety skills. The aim of the class is to develop more advanced freestyle technique including independent bi lateral side breathing to 12m as well as competent backstroke technique. Foundation skills of butterfly and breaststroke kicking will also be introduced along with diving, tumble turns and backstroke starts. Max 4 per class.

ADVANCED Learn to Swim 2: This is the final level of Learn to Swim. The main focus is to further develop efficient and rhythmic freestyle stroking and side breathing for 25m. Continuous flowing backstroke over 25m with correct pulling pattern is also practiced, along with full stroke butterfly and basic breaststroke technique. Standing dives, tumble turns, treading water for up to 60 seconds and backstroke starts and finishes are skills also developed in this class. Max 6 students per class.

STROKE DEVELOPMENT 1: Transition from Adv LTS where the teacher remains out of the water. Swimmers should have a sound knowledge of freestyle side breathing and backstroke and be able to competently swim 25m of each. This class will further develop Fs and Bk technique and stroke rhythm and also continue the development of breaststroke and butterfly. Diving, tumble turns, treading water and streamline push offs will be practiced. Different speed swimming and rhythm drills will also be included. Max 10 students per class – (approx. ages 6-8yrs)

STROKE DEVELOPMENT 2: This level class is a more advanced version of Stroke Development 1. A faster paced class for the more developed swimmer, consistently working on more advanced techniques and skills of all four strokes including starts and turns and requires swimmers to maintain their techniques and rhythm over longer distances. SD 2 also requires higher level of fitness to sustain 45 min class.

MINI SQUAD: Introducing 'squad training'. Whilst continuing to develop efficient and rhythmic techniques in all four strokes, swimmers must have a sound knowledge of all strokes and able to swim 100m freestyle in 2min 00sec. Much of the class is focused on technique improvement and maintaining efficient stroking over a longer distance. Swimmers also learn to read the pace clock and start interval training for fitness. (approx. ages 8-10yrs) 2 sessions/week is recommended.

JUNIOR SQUAD: For swimmers with increased fitness levels and solid technique across all strokes. The squad aims to develop more endurance and aerobic fitness while maintaining correct efficient stroking. Excellent class for the young competitor or well skilled swimmer keen to improve swimming speed and fitness. Also appropriate for High School swimmers wanting to maintain fitness. 2 sessions per week are required.

SENIOR SQUAD: Squad training for more advanced and competitive swimmers. Members of senior squad are expected to train between 3-5 times per week. Senior squad swimmers also expected to be Swim Club members.

FIN SWIM SQUAD: Is a fabulous and fun way to improve speed and technique of all strokes and to particularly encourage children 10 years and over to continue swimming for fitness and development. Some of the main sets will be executed with fins on and the swimmers also encouraged to prepare for FIN SWIM RACING, which is a fun addition to traditional swim racing. Personal swim snorkels and fins are required.

HIGH SCHOOL SQUAD: The perfect squad for High School students to continue swimming training either for fitness, triathlon or school swimming competitions. Many students discontinue swimming training once they leave primary school as they find squads are too competitive or excessive pressure. Our High School squad is a great cross training and fitness squad for the young teenager.

PRIVATE LESSONS: are available for all ages and abilities. Children and Adults!! Private lessons may be taken with one or two students. These are highly specific lessons designed for rapid improvement. People who have had little swimming experience and lacking confidence greatly benefit from a term of private lessons to promote their skills and abilities sufficiently for them to then join into classes groups. Private lessons are also a great way to simply to accelerate learning and development.

Swimmers with disability (SWD) or AQUAPHOBIA: We have highly qualified and experienced staff who love working with children who need a little extra help! Cerebral palsy, Autism, Feardo not let obstacles get in the way of your children learning to swim!

ADULT FIT SWIM: Squad session for adults looking to improve their overall fitness, strength and wellbeing. Stroke correction and structured programs to utilize different energy systems included.

ADULT Learn to Swim: One of our most popular classes! For all those adults who have not mastered the technique and pleasure of swimming! These are groups of 8-10 adults who are not yet confident in water or capable of completing 25m. Learning to breath correctly whilst swimming and developing a connection with the water to then develop techniques is the goal of this class. Don't wait any longer.....learning to swim is a beautiful thing!!

ARTISTIC SWIMMING: (synchronized swimming) Swimming, dance, gymnastics, acrobatics all in one sport! An amazing Olympic sport that develops incredible strength, flexibility, athleticism, aquatic skill and fitness all while listening to music! Boys and girls welcome, must be able to swim 25m comfortably. Two groups are available during term s 1 and 4 only: **Junior (5-9 year olds)** 1 hour per week and **Senior (10 year olds and above)** 2 hours per session.

Georgie Parkes SWIM SCHOOL 'Learn to Swim' CERTIFICATES



GEORGIE PARKES SWIM SCHOOL

Congratulations!

NAME _____

AGE _____ DATE _____

You have completed your
Prep 1: Waterworm

I CAN:

1. Float on my back
2. Star fish on my front
3. Freestyle kick by myself on a board
4. Propel myself forward in the water and take a breath
5. Hold my breath and go underwater by myself
6. Perform a sitting 'Safety Circle'
7. Kick my legs
8. Roll over from my front to back to take a breath
9. Monkey walk
10. Rollover from my front to back to take a breath

ascta
Swim
KIDS ALIVE
DON'T DRINK AND DRIVE



GEORGIE PARKES SWIM SCHOOL

Congratulations!

NAME _____

AGE _____ DATE _____

You have completed your
Prep 2: Waterworm

I CAN:

1. Torpedo kick for 5 metres
2. Backstroke kick 5 metres hugging my board
3. Freestyle kick 5 metres
4. Backstroke kick 5 metres
5. Backstroke assistance
6. Go to the bottom of the shallow end to pick up an object
7. Swim without my goggles
8. Do freestyle big arms on a board and take a forward breath
9. Freestyle kick efficiently on a board
10. 'Touch my pocket' and 'scrape my ear' doing big arms freestyle

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Swim
KIDS ALIVE
DON'T DRINK AND DRIVE



GEORGIE PARKES SWIM SCHOOL

Congratulations!

NAME _____

AGE _____ DATE _____

You have completed your
Prep 3: Waterworm

I CAN:

1. Torpedo kick 7 metres
2. Jump in the deep end and swim back to the wall by myself
3. One side breath in freestyle for 10 metres
4. Bubble arm / breath arm on a board for 10 metres
5. Fast kick freestyle on a board for 10 metres
6. Perform a sit or squat dive
7. Swim correct freestyle arms with consistent kick for 8 metres
8. Swim backstroke by myself with straight arms and pointed fingers
9. Swim freestyle 'catch up' drill with assistance
10. Do wiggle worm dolphin kick

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Swim
KIDS ALIVE
DON'T DRINK AND DRIVE



GEORGIE PARKES SWIM SCHOOL

Congratulations!

NAME _____

AGE _____ DATE _____

You have completed your
Advanced LTS: 1

I CAN:

1. Swim 15 metres catch-up freestyle with correct side breathing
2. Swim backstroke by myself for at least 10 metres
3. Freestyle kick by myself for 25 metres
4. Backstroke (penguin) kick 25 metres with no board
5. Do dolphin kick (wiggle worm)
6. Do a kneeling or standing dive
7. Do a racing backstroke start
8. Tread water in the deep end for at least 15 seconds
9. Swim 25 metres breath arm / bubble arm with correct side breathing
10. Swim 15 metres bi-lateral breathing (1,2,3 roll and breathe)

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Swim
KIDS ALIVE
DON'T DRINK AND DRIVE



GEORGIE PARKES SWIM SCHOOL

Congratulations!

NAME _____

AGE _____ DATE _____

You have completed your
Advanced LTS: 2

I CAN:

1. Swim 25 metres freestyle with correct side breathing & continuous kicking
2. Swim 25 metres backstroke with straight arms and bubbling toes
3. Perform a standing dive
4. Fast torpedo kick for 10 metres
5. Tread water for at least 30 seconds
6. Swim at least 4 strokes of butterfly with no breathing
7. Perform correct breaststroke kick
8. Do a forward somersault in the pool blowing bubbles out of my nose
9. Swim correctly with flippers on
10. Perform a basic tumble turn

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Swim
KIDS ALIVE
DON'T DRINK AND DRIVE