

YMCA Adult Swimming Lessons 2018



The Adult Swim program has something for everyone, from non-swimmers to those wanting advanced stroke correction. Our small group classes allow you to learn at your own pace in a safe and well-equipped environment with qualified, experienced Teachers. Participants will need to select a day and time that they can commit to for the duration of the term.

Block 1: Monday 15 January to Sunday 08 April 2018 (12 weeks)

Block 2: Monday 09 April to Sunday 01 July (12 weeks)

Block 3: Monday 02 July to Sunday 23 September (12 Weeks)

Block 4: Monday 24 September to Sunday 16 December (12 weeks)

No lessons held on the Public Holiday: Australia Day (26 Jan); Easter Weekend 30 Mar – 2 April); Anzac Day (25 April) ; Queens Birthday (11 June); Labour Day (1 October)

Costs:

- Student/ UNSW Staff: \$234.00 (12 weeks x \$19.50 per lesson)
- General Public: \$276.00 (12 weeks x \$23.00 per lesson)

SAMPLE TIMETABLE GUIDE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
12:00pm INT 12:30pm BG 1:00pm ADV	11:30am INT 12:00pm BG			
6:00pm BG 6:30pm INT 7:00pm BG 7:30pm ADV	6:00pm BG 6:30pm INT 7:00pm BG 7:30pm INT	6:00pm BG 6:30pm INT 7:00pm ADV	11:30am BG 12:00pm INT	1:00pm INT 2:30pm BG

Class Description		
Beginner (BG)	Intermediate (INT)	Advance (ADV)
Recommended for non-swimmers. Aim to gain confidence in all depths of water and develop basic skills. 30 min, 5 students	Develop breathing and stroke skills, emphasis on correct technique and establishing fitness for swimming. 30 min, 6 students	Competent swimmers who wish to refine their swimming strokes and to increase their fitness for squads. 45min-1hr, 7 students

Important information:

- Enrolment for classes can only be made in Centre.
- Student/ UNSW Staff ID must be presented at the time of enrolment to receive the reduced rate.
- Swim School reserves the right to cancel or change classes and Instructors or move students if the need arises.
- The class maximum may be exceeded, and classes of different ability may be combined.
- Make up lessons or credits are not offered for missed lessons.
- Once lessons are purchased, they are non-refundable.
- There are no classes held on Public Holidays.
- Classes can be suspended for a maximum of 4 weeks in a calendar year. Suspension can only be taken in 2 week blocks and we require 14 days' notice to suspend.
- Lessons can be cancelled at the end of the block of lessons not during the block. All members that wish to cancel must fill in an amendment form at the swim school desk. **Those on direct debit will automatically be enrolled into the following block unless they have cancelled their classes.**

**UNSW Fitness & Aquatic Centre
YMCA NSW**

P Gate 2 High St Kensington NSW 2052

T 02 9385 4881 F 02 9385 6199

E swimschool.unsw@ymca.org.au

W unsw-ymca.org.au