

YMCA Adult Swimming Lessons 2019



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.

LESSONS BEGIN MONDAY 14th JANUARY

No lessons held on the Public Holiday: Australia Day (28 Jan); Easter Weekend 19 Apr – 22 April); Anzac Day (25 April) ; Queens Birthday (10 June); Labour Day (7 October)

Costs:

- Student/ UNSW Staff: \$20 per lesson (Minimum 12 week commitment)
- General Public: \$24 per lesson (Minimum 12 week commitment)

SAMPLE TIMETABLE GUIDE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
12:00pm INT 12:30pm BG 1:00pm ADV 6:00pm BG 6:30pm INT 7:00pm BG 7:30pm ADV	11:30am INT 12:00pm BG 6:00pm BG 6:30pm INT 7:00pm BG 7:30pm INT	 6:00pm BG 6:30pm INT 7:00pm ADV	 11:30am INT 12:00pm BG	 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. If you have paid upfront for the membership, then no suspension or cancellation is permitted.
- Lessons can be cancelled after a minimum 6 successful direct debits. All members that wish to cancel must fill in an amendment form at the swim school desk and give 14 days notice.

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