Swimming Sunior Grammar



Co-ed from Kindy to Year 6

| 0            | DEVELOPMENT CLASSES                                       |   |             | SQUADS  |             |  |             |  |             |  |
|--------------|---|---|-------------|---|-------------|--|-------------|--|-------------|--|
|              | Learn —   | → Ju  | nior —      | -> Bro  | Bronze -    |  | → Silver —  |  | > Gold      |  |
| TERM 2, 2019 | PM  | AM  | РМ          | AM  | PM          | AM   | РМ          | AM   | РМ          |  |
| Monday       | From 2.45   |   | 3.15 - 4.00 | 6.30 - 7.30   | 3.15 - 4.30 | 5.30 - 7.30  | 4.30 - 6.30 | 5.30 - 7.30  | 4.30 - 6.30 |  |
| Tuesday      |   |   |             |   | 3.15 - 4.30 | 5.30 - 7.30  | 4.30 - 6.30 | 5.30 - 7.30  | 4.30 - 6.30 |  |
| Wednesday    | From 2.45   |   | 3.15 - 4.00 | 6.30 - 7.30   | 3.15 - 4.30 | 5.30 - 7.30 (Gym)  | 4.30 - 6.30 | 5.30 - 7.30 (Gym)  | 4.30 - 6.30 |  |
| Thursday     |   |   |             |   | 3.15 - 4.30 | 5.30 - 7.30  | 4.30 - 6.30 | 5.30 - 7.30  | 4.30 - 6.30 |  |
| Friday       | From 2.45   | 6.45 - 7.30   |             | 6.30 - 7.30   |             | 5.30 - 7.30  | 4.30 - 6.30 | 5.30 - 7.30  | 4.30 - 6.30 |  |
| Attendance   | One 30min<br>lesson per week,<br>per term.                | Required to attend up to three sessions per week, per term. |             | Required to attend up to three sessions per week, per term.   |             | Required to attend a minimum of seven, 2 hour swim sessions plus one gym session per week. |             | Required to attend a minimum of seven, 2 hour swim sessions plus one gym session per week. |             |  |
| Cost         | \$120/term  | \$120/term  |             | Free to Junior Grammar students   |             | Free to Junior Grammar students  |             | Free to Junior Grammar students  |             |  |
| Focus        | Water safety,<br>confidence<br>and stroke<br>development. | Stroke development in all four strokes.                     |             | Continued development of all strokes,<br>an increase in fitness and distance.<br>Suited to school representative<br>swimmers. |             | Competitive - school and club level.   |             | Competitive - regional, state and national levels.   |             |  |

All swimmers need to complete a swimming level assessment prior to class allocation. To arrange a swimming level assessment email <a href="mailto:swim@juniorgrammar.com.au">swim@juniorgrammar.com.au</a>. Bookings can be made via TryBooking: <a href="mailto:swiww.trybooking.com/450487">www.trybooking.com/450487</a>.

Time slots are subject to availability.