

POOL AVAILABILITY

SMALL POOL

Between 5:00 am and 7:00 am Monday to Friday, all day Sunday and the following times:

Monday	11.30 am – 3:00 pm	
Tuesday	11:30 am – 3:00 pm	
Wednesday	11:30 am – 3:00 pm	
Thursday	11:30 am – 3:00 pm	
Friday	11:30 am – 4:00 pm	
Saturday		After 11.00 am

LARGE POOL

Lanes available at all times.

AQUA TIMETABLE

Monday	10:30 am – 11:15 am	6:15 pm - 7:00 pm
Tuesday	10:30 am – 11:15 am	6:15 pm - 7:00 pm
Wednesday	10:30 am – 11:15 am	6:15 pm - 7:00 pm
Thursday	10:30 am – 11:15 am	
Friday	10:30 am – 11:15 am	
Saturday	6:10 am – 6:55 am	

Pool Opening Hours

Mon - Wed	5.30 am - 7:00 pm
Thu	5:30 am - 5:30 pm
Fri	5:30 am - 4:00 pm
Sat - Sun	6:00 am - 4:00 pm

Phone 3355 3244



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SWIM EDUCATION PROGRAM

Welcome to the Enoggera Pool swim education program. We offer to our customers a full range of water safety, learn to swim, squad and aquafit programmes for individuals and families at a very competitive price. We, the management and staff at the Enoggera Swim Pool, see our **mission** as providing the highest quality swim tuition available. We aim to do this by arranging for a high degree of personalised training by experienced and qualified coaching staff, by the provision of suitable facilities and by the presentation of an appropriately designed training program.

ABOUT OUR PROGRAMS

All our aqua programs are designed to cater for all levels of abilities and where ever possible to meet the aspirations of the person involved. However, we do not lose sight of the fact that learning to swim is not to be seen as a chore, but as an activity to look forward to and enjoy. Therefore, to keep children motivated, we place an emphasis on the enjoyable side of water activities.

It is **stressed** that before you enrol either yourself or your child in a program, staff are **informed** of any **health problem or disability**.

Please, always remember, staff are more than happy to receive any comments or suggestions as to the running of any of the programs.

AQUA AEROBICS

Aqua-aerobics classes are held both day and night in our covered pool. The timetable for the classes is as indicated in the table on the side.

COSTS (INCLUDING GST)

\$10 per session

Card of 10 sessions for \$90

LAP and RECREATIONAL SWIMMING

The pools are open to the public all year round and are ideal for all types of swimmers. Group and party bookings are encouraged and can be made by contacting the office.

COSTS (INCLUDING GST)

Adults: \$5.00 per person (14 years and over) or 10 entrance pass \$46 or
A monthly pass \$90

Children and Pensioners: \$3.60 per person or 10 entrance pass \$33

Children : 2 years to 13 years inclusive

WATER SAFETY

These classes are aimed at babies and toddlers, so that they learn to become confident in the water and enjoy water activities. Even at a very early age, babies will learn to love the water and become familiar with floating. While this in itself is not necessarily a water safety skill, it does form the basis of further development. It is preferable to have more than one(1) lesson a week. A parent or guardian **must** accompany the baby in the water.

Once the child is over 12 months of age, water safety skills are extended to include jumping into the water and swimming back to the side unaided. Again it must be emphasised the development of these skills does not necessarily mean the child is safe in the water. However, it does give the child a chance if caught in a dangerous situation. As well, with the development of these skills, the child grows in confidence and can usually be taught the basic swim strokes quite easily.

LEARN TO SWIM

BEGINNER

These classes are for the inexperienced swimmer or the non-swimmer who is afraid of the water. The child learns to be confident in the water and will, in the end, be able to perform such skills as dog paddling, front and back floating, front and back board kicking, progressing to big arms, rockets and retrieving objects from the bottom of the pool.

Achieves – The child will progress to the next level when they can swim across the small pool with big arms and kicking the legs. The child will be able to do both front and back kick across the pool with a board and without assistance.

BEGINNER ADVANCED

These classes are designed for the child who is confident in the water and has the above skills. The child learns the basic stroke of freestyle. Breathing is introduced along with strengthening of the kick. The child will also begin development in backstroke; learning to kick without a board and introducing the correct arm movement. The child also works on their treading water skills retrieving objects from the bottom of the pool without assistance.

Achieves – The child will progress to the next level when they can swim the length of the small pool in freestyle with correct breathing and also be able to do a length of backstroke.

LEVEL 1

These classes are for children who have learnt to swim across the length of the small pool in both freestyle and backstroke and are then ready to learn the butterfly and breaststroke skills. The children also continue to refine their freestyle and backstroke skills with bilateral breathing being introduced for freestyle.

Achieves – The child progresses to the next level when they have the capability of swimming 25 metres freestyle, backstroke, breaststroke and 12.5 metres butterfly.

LEVEL 2

These classes are designed for the child to become competent in the butterfly and breaststroke skills. Drills are introduced which further improve the freestyle and backstroke skills. Starts, turns and dives are introduced.

Achieves – The child progresses to the next level when they have the capability of swimming 50 metres freestyle, backstroke, breaststroke and butterfly with the correct timing of strokes.

LEVEL 3

At this level, children continue to refine their stroke techniques (stroke correction) and are introduced to junior squad training.

Achieves – The child learns a greater competence in all strokes while increasing speed and endurance. The child will have the capability of swimming 100 metres freestyle, backstroke, breaststroke and butterfly. The child in this level will have the ability to swim at a competitive level eg at swimming club and school carnivals.

LEVEL 4

At this level, children pursue full squad training.

Achieves – Greater competence in all the strokes while further increasing speed and endurance.

ADULTS

Adult learn to swim classes are also conducted and age is no barrier. Private lessons can be arranged for those who feel they would better progress in such an environment.

DISABLED PERSONS

Classes for both children and adults with special disabilities are conducted (adults are in separate classes). Because of the special needs of these learners the classes are structured slightly differently to our normal classes. However, there is no extra cost. Swimming is great therapy for these persons. Phone or come and see us to work out a program.

Class size: will vary depending upon abilities

All learn to swim lessons are of 30 minutes' duration.

COSTS (INCLUDING GST)

Block fees only apply. Fees paid will cover the term and will vary according to the length of the term. The cost of a 10 lesson block will be \$170. Please see Allison at the counter if you have any queries regarding these fees.

Please note the lesson fee entitles the student to a 30 min swim lesson. For all other swimming by either the student or relatives a pool entry fee must be paid.

CANCELLATIONS

All missed lessons including private lessons **must** be paid for no later than at the time of the next lesson. **Prior warning** must be given that the lesson will be missed otherwise a make up lesson will not be granted. The missed lesson can then be made up later, at a time convenient to you but **within the term**. A suitable time can be arranged by seeing the counter staff.

In **adverse weather conditions**, please ring the pool at least **1 hour** before lesson time to confirm that the lesson is as programmed or has been cancelled.

QUERIES AND PROBLEMS

During all our classes, a program supervisor will be in attendance and is very approachable. These supervisors are there to assist the instructors, as well as answering any questions you may have regarding the program or any problems you may have regarding your child's progress. So please, if at any stage you have any queries or problems, do not hesitate to speak to these people.