

LITTLE LAPPERS

The South West Sports Centre offers a comprehensive Learn-to-Swim program for all ages and abilities.

The Little Lappers Swim School is Austswim accredited and endorsed by the Royal Lifesaving Society's Swim and Survive Program.

Lessons are offered Monday to Saturday during the school term and also during School Holidays. All classes are conducted by fully qualified and experienced instructors in our heated 25m and 50m pools.



OUR INSTRUCTORS

Little Lappers Swim School Instructor team consists of fully qualified staff with significant teaching experience in all aspects of aquatic education.

Our instructors are all Austswim certified and committed to their profession. All instructors regularly participate in training and workshops.



WHY CHOOSE LITTLE LAPPERS SWIM SCHOOL?

- ✓ Smaller class ratios mean personalised attention
- ✓ Classes are held in the warmer pool, shallow end
- ✓ Our instructors are fully qualified and have significant experience in teaching aquatic education
- ✓ Your term fees include pool entry
- ✓ Our program starts from 6 months of age



SOUTH WEST SPORTS CENTRE

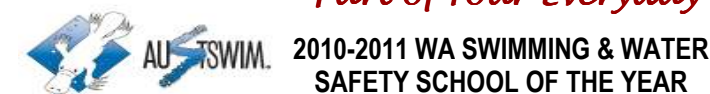
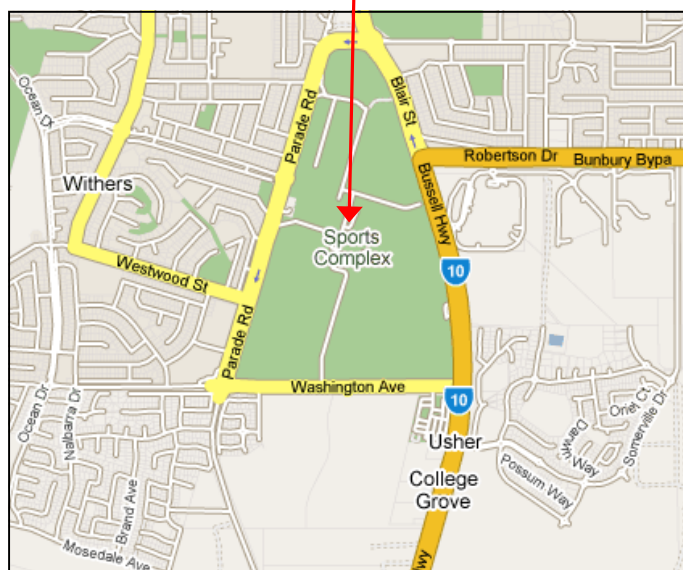
1 Rotary Ave, Bunbury WA

Phone: (08) 9795 2222

Fax: (08) 9792 7184

www.southwestsportscentre.com.au

WE ARE HERE



Office Hours: Mon - Thurs 9am - 5pm
Fri 9am - 2pm

9795 2222

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The information contained in this brochure is correct at the time of printing. Information may change without notice.

Give your child a head start with Little Lappers Swim School

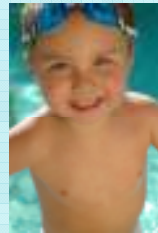
AQUABABIES

Structured water familiarisation classes encourage infants to explore and experience the aquatic environment in a safe, enjoyable manner. Parent participation is required as parent education is the main focus of these classes.

Duration: 30 minutes
 Class Size: 8 maximum
 Age: 6mths—3 yrs
 Day/Time: Mon - Sat, 9am onwards, Twilight classes
 Terms 1 and 4 only.

PRE-SCHOOL

This ability driven program ensures a successful transition from water familiarisation to the development of swimming safety skills. Parent participation may be required.



Duration: 30 minutes
 Class Size: 4 maximum
 Age: 3—5 years
 Day/Time: Mon-Sat, 9am onwards

SCHOOL AGE

This program is based on stroke development, water safety, personal development, fun and fitness whilst focussing on each child's ability and progression at their own pace.

Duration: 30 minutes
 Class Size: 6 maximum
 Age: 5 years and up
 Day/Time: Mon - Thurs, 3.30pm onwards
 Sat, 9am onwards

ADULT LESSONS

Adult beginner classes focus on building water confidence and introduces basic stroke techniques to non-swimmers. Adult Stroke Development classes correct existing techniques and expand the individuals swimming skills.

Duration: 30 minutes
 Class Size*: 6 maximum
 Age: Adult



* Minimum participant numbers apply

SQUAD TRAINING

Aimed at the competent swimmer, squad swimming focus' on stroke correction and development, endurance and speed.

All squad enrolments are by assessment only.

Mini Squad Monday's 3:30 – 4:30pm
 Wednesday's 4:05pm – 5:05pm

Junior Squad Tuesday's 4:00pm – 5:00pm
 Thursday's 4:00pm – 5:00pm

Intermediate Squad Tuesday's 5:00pm – 6:00pm

Senior Squad Monday's 4.30pm - 5.30pm
 Thursday's 5:00pm – 6:00pm

ADULT SQUAD TRAINING

Aimed at the competent swimmer, looking to correct and improve swimming technique and endurance. We offer beginner and advanced programs.

Duration: 1 hour
 Class size: 10 maximum
 Age: Adult



PRIVATE LESSONS

We offer customised one-on-one lessons to cater for the needs of the individual. We also offer classes for two children. All private lessons are 30 minutes in duration and are available by appointment only.

BRONZE MEDALLION

We offer Bronze Medallion courses throughout the year. The Bronze Medallion training program will provide you with the skills and knowledge to react appropriately in a number of different aquatic emergency situations. Please see our Swim School Co-ordinator to find out when the next Bronze Medallion Course will be running.

HOLIDAY SWIM PROGRAM

Our Holiday Swim Program runs each school holidays throughout the year. Classes are available for Aquababies through to Stage 4, as well as Flipper Fun Program, adult lessons and private 1 on 1 sessions.

January*	Ratios
2 x 5 day programs	Aquababies 1:8
	Pre-school 1:6
	School age 1:6

April, July & October*
 5 day program

* Minimum enrolment numbers apply

CLASSES

Little Lappers Swim School strives to offer a range of classes to suit all skill levels and will certainly have a program to suit your requirements. Please see our Swim School Office for days, times and class types as these vary from Term to Term.

FEES - fees include pool entry

Full payment is required at the time of enrolment. Enrolment forms cannot be accepted without provision for payment either in person or by credit card details.

PROGRAM	FEES
Aquababies	\$13.00 per class
Preschool	\$13.50 per class
School Age	\$13.50 per class
Adult Lessons	\$13.50 per class
Mini, Jnr, Snr Squads	\$10.40 per class
Adult Squads	\$16.40 per class
Holiday Swim Program	\$60.00 (5 days) \$120.00 (10 days)
Private 1-on-1 Lessons	\$32.50 per class (ch) \$36.00 per class (ad)
Private 1-on-2 Lessons	\$39.00 per class
Bronze Medallion Course	\$155.00 Full \$65.00 Requal