

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

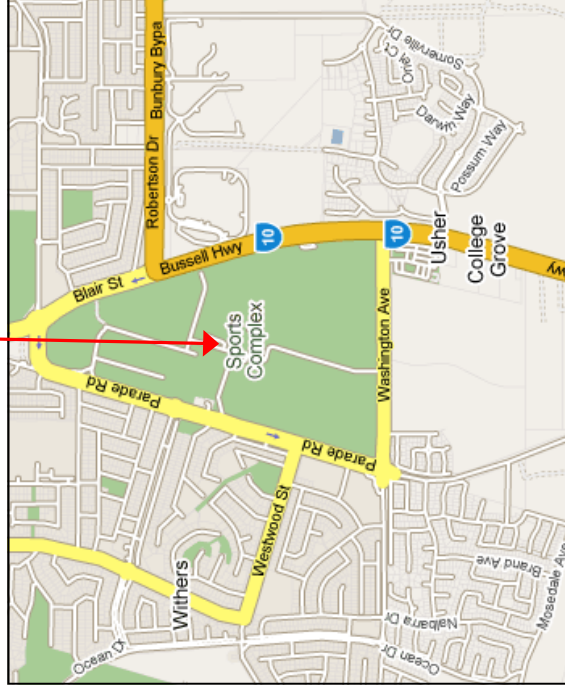
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WE ARE HERE



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



SOUTH WEST
SPORTS CENTRE



"Part of Your Everyday"

2010 WA SWIMMING & WATER
SAFETY SCHOOL OF THE YEAR



LITTLE LAPPERS SWIM SCHOOL

JANUARY HOLIDAY

SWIM PROGRAM

10 days: 9th - 20th Jan 2012

5 days: 9th - 13th Jan 2012

5 days: 16th - 20th Jan 2012



SOUTH WEST SPORTS CENTRE

Direct Line: 9795 2251

www.southwestsportscentre.com.au

HOLIDAY SWIMMING JANUARY 2012

Enrolment Form

Parents Name: _____
 Address: _____
 Phone: _____
 Email: _____

ENROLMENT DETAILS

Student 1

Name _____ Age _____
 D.O.B _____
 Level Preferred Time Shoe size (flipper fun)

Student 2

Name _____ Age _____
 D.O.B _____
 Level Preferred Time Shoe size (flipper fun)

Student 3

Name _____ Age _____
 D.O.B _____
 Level Preferred Time Shoe size (flipper fun)

Please specify any existing Medical Conditions?

When was the last time your child/ren participated in swimming lessons?

Parent/Guardian Signature: _____

Note: All enrolments subject to class availability. Full payment required at the time of enrolment. No refunds or credits can be issued

FLIPPER FUN LONG & STRONG

A holiday swim program designed to promote kicking skills in freestyle and backstroke as well as an introduction to butterfly.

Using fins (flippers), the Flipper Fun program promotes streamlined body position enhancing endurance and correct technique. Classes are conducted in the 50m and 25m pools.



Students will develop:

- ⇒ Correct kick technique
- ⇒ Effective propulsion from kick
- ⇒ Streamlining and body position
- ⇒ Endurance
- ⇒ Technique for breathe and blow (Freestyle)
- ⇒ Holding technique over distance

AQUABABIES (Levels 1 - 5)

Structured familiarisation classes encourage infants to experience and explore the aquatic environment.

Parent participation is required as parent education is the main focus of these classes.

Levels 1 - 3 are age based classes
 Levels 4 & 5 are age and skill based classes



LEARN TO SWIM

Stage 1

- ⇒ Enter water safely
- ⇒ Exhale in water
- ⇒ Open eyes under water
- ⇒ Submerge
- ⇒ Glide forward and recover
- ⇒ Float or Glide backward and recover
- ⇒ Safety Survival Sequence No. 1

Stage 2

- ⇒ Glide forward and kick 3m
- ⇒ Glide backward, kick and recover
- ⇒ Swim 5m freestyle
- ⇒ Scull/tread water
- ⇒ Safety Survival Sequence No. 2

Stage 3

- ⇒ Swim 10m freestyle
- ⇒ Glide backward and kick 5m
- ⇒ Demonstrate breaststroke leg action
- ⇒ Demonstrate survival sculling
- ⇒ Demonstrate forward roll
- ⇒ Safety Survival Sequence No. 3

Stage 4

- ⇒ Swim 15m freestyle
- ⇒ Swim 10m backstroke
- ⇒ Swim 10m survival backstroke
- ⇒ Swim 5m breaststroke kick
- ⇒ Scull head first on back
- ⇒ Recover an object
- ⇒ Swim in deep water
- ⇒ Safety Survival Sequence No. 4



HOLIDAY SWIM PROGRAM

Ages: 6 months +
 5 days = \$60.00 per child 10 days = \$120.00 per child
 Fees include pool entry

Time	10 Day Program 9th - 20th Jan 2012	Time	5 Day Program 9th - 13th Jan 2012 16th - 20th Jan 2012
8.10	Flipper Fun	8.15	Stage 4/5
8.15	Stage 3		
8.50	Stage 2 (beg)	8.55	Stage 2
8.55	Stage 1		
9.30	Stage 3	9.35	Tadpole
9.35	Beginner Tad		
10.10	Flipper Fun	10.15	Aquababies Multi Level
10.15	Stage 4 (Beg)		
10.50	Stage 1	10.55	Beginner Tadpole
10.55	Stage 2		
11.30	Tadpole	11.35	Stage 3
11.35	Tadpole/Beg Stg 1		

All lessons are 35 minutes