



SWIM SCHOOL NEWSLETTER

Term 1 2018

Welcome everyone;

From all the instructors and other staff at Synergy we hope you have had a great term and have gotten back into the swing of the school terms smoothly after summer! As usual we would like to thank all our swimmers and their families for swimming with us.

Important Dates

- 26th March: Assessments & Term 2 Registration begin.
- 13th April: Term 1 Ends & Registrations confirmed
- 15th April: School Holiday Program
- 30th April: Term 2 begins

Assessments:

We will be conducting assessments the week commencing 26th March, the assessment forms have been redesigned to allow for more feedback to parents as well as giving an indication of how close your child is to progressing to the next level. The assessment shows clearly what the students need to be competent in before progressing to the next level. The Assessment criteria is set by Swim NZ. If you have any concerns about your child's progress please feel free to discuss this with their coach or email us at swimschool@synergyfitness.co.nz

In Term 2,

Where suitable we will be combining class levels to make best use of our pool time, class numbers will remain the same and students will only be in a combined class if it's deemed appropriate.



SWIM WITH US

April Special 10% off all Aqualine.

Makeup Lessons:

We are one of the only swim schools in Wellington that allows students to do make-up lessons in different classes if your child is unwell. All you need to do is make sure you give us a call, email, or log into the app at least 24-hours before you or your child's lesson so that we can tell the instructor. If you do not show up for a class unfortunately we cannot refund you or put you in a makeup lesson, so remember to let us know!

Term 2 Fees:

Term two runs from 30th April until 6th July.

The cost for lessons will be \$165 for 30-minute classes for Octopus level and below (levels 1 – 5). Whales classes are priced at \$180 for 45-minute classes and \$200 is the price for Dugong for a 1-hour class. If you have two children swimming you will receive a \$5 discount, and for three children you will receive a \$10 discount.

Two lessons per week: Multiple lessons a week will help your child learn skills and gain fitness more quickly. Children booked in for 2 lessons per week will receive 30% off the second set of lessons.





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Team Upskills in Water Safety:

This term we will be training instructors in 'water safety' skill development.

This has been highlighted as an important area for many including water safety CEO Jonty Mills.

Drowning is the highest cause of recreational death in NZ and is double the level Australia experience. 2017 saw 88 preventable deaths within New Zealand with a large spike in drownings in the under 5, female adult, and over 65s populations. There were also twice as many drownings where the person had not intended to enter the water.

Water Safety NZ has stated that increased education, competency, and risk awareness will help change attitudes around water and remedy this problem for NZ.

Holiday Program: Register now

Juniors: Jellyfish, Turtle, and Lobster class are skill-based sessions focusing on developing kicking, arm-circle and breathing skills aiming to aid water confidence. This session runs 4:00 pm till 4:30 pm.

Seniors: Octopus and above class will include a Butterfly workshop. Butterfly is a stroke many children struggle with as it is quite unique and energy intensive. This session runs 4:30 pm till 5:15 pm.

When 16th – 20th April (5 days)

Cost:

Juniors \$80.00 (30 min classes)

Seniors \$110.00 (45 min classes)

Swimmer of the Month

Congratulations Rueben Banas and Cameila Aishath our swimmer of the month for February and March respectively.



Rueben Banas:

Holly is really pleased with Rueben's positive and improving attitude to his swimming and his determination to progress.



Cameila Aishath:

Jarred wants to acknowledge Cameila for her positive attitude in the pool and her drive to be the best at every stroke or technique her coaches.

Quality Swim School – Swimming NZ

What does it mean? Most of our instructors have their New Zealand Swim teaching certificate, a current first aid certificate or both ensuring your children are safe in the pool. We receive training from Swim NZ to ensure we maintain our high standards, and we follow standards and practices laid out by Swim NZ which promote learning and safety!

Check us out online

Timetables here

<https://www.synergyfitness.co.nz/swim-timetable/>

