



# SWIM SCHOOL NEWSLETTER

Term 2 2018

## Welcome everyone;

Thanks swimmers and family for swimming with us through the start of the winter season, we are nearly halfway through the swim school year. All of us at Synergy hope you have had a great term and look forward to seeing you next term!

## Important Dates

25<sup>th</sup> June: Assessments & Term 3 Registration begin  
7<sup>th</sup> July: Term 1 Ends & Registrations confirmed  
9 – 13<sup>th</sup> / 16 – 20<sup>th</sup> July: School Holiday Program  
23<sup>rd</sup> July: Term 3 begins  
29<sup>th</sup> September: Term 3 ends

## Assessments:

We will be conducting assessments the week commencing 25<sup>th</sup> June, the assessment forms will follow the design of last term and will provide more feedback to parents and provide an indication of your child's progression. 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](mailto:swimschool@synergyfitness.co.nz)

## In Term 3,

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.



**June 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 so please make the most of this in the upcoming winter term. 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 3 Fees:

**Term three runs from 23<sup>rd</sup> July to the 29<sup>th</sup> September.**

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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## New Changing Area:

You may have seen some changes in our female changing room where the corner of the room has been designed to be an area of the changing room where your children can hang their things.

With the cold weather make sure children bring their towels into the pool so they can get dry before heading to the changing room. This will also help prevent slipping related injuries. If you do notice the changing room floors are wet just give them a quick mop or let one of the Synergy staff know!

## Holiday Program: Register now

This holiday program will be split up differently with children only in classes that match their level. This will enable us to improve children's skills rapidly.

Lessons will be skill-based and specific for each level. If you would like your child to work on anything, please let the instructors know!

Level 2 & 3 class starts at 4:00pm

Level 3 & 4 class starts at 4:30pm

Advanced class starts 5:00pm

**When: 9 – 13<sup>th</sup> / 16 – 20<sup>th</sup> July (2 x 5 days)**

### Cost:

Juniors \$85.00 (30 min classes)

Advanced \$100.00 (45 min classes)

Optional extra of video analysis possible for advanced students (Cost \$30.00 includes a review with the coach).

Find out more:

<https://www.synergyfitness.co.nz/swim-school/swim-holiday-programme/>

## Swimmer of the Month

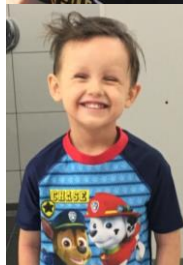
Congratulations Eli and Daisy our swimmer of the month for May and June respectively.

### Swimmer of the Month:



#### Daisy Ingram:

Holly is really pleased with Daisy's proven great listening skills and related improvement in her technique



#### Eli McGirr:

Liam wants to congratulate Eli for his rapid growth in confidence in the water over the past month.

## Quality Swim School – Swimming NZ

We have just been given a gold for the Quality Swim School award developed by Swimming New Zealand.

**What does it mean?** This means we have high standards of teaching and are recognized to follow industry good practice. We teach your children to swim in a safe environment with instructors that are trained by Swimming New Zealand and in a lot of cases have first aid certificates. To learn more about what a Quality Swim School means read here:

[https://www.swimming.org.nz/article.php?group\\_id=646](https://www.swimming.org.nz/article.php?group_id=646)

## Check us out online

Timetables here

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

