

**NS Swim School- Brookvale Pool Timetable 2017**

AM	5:30am - 6:30am	6:30am - 7:00am	7:00am - 7:30am	7:30am - 8:00am	7.30am - 12pm	12pm - 12.30pm	12:30pm - 3.00pm
Monday			Mini Squad (60min) <b>COMING SOON</b>		LEARN TO SWIM + Parent & Child (8.00am-11.30)	Adult Stroke Correction (11.30am-12pm)	Hydrotherapy provided by AusHealth Physiotherapy *12.30pm-1.30pm
Tuesday	Adult Stroke/ Squad		Mini Squad (60min)		LEARN TO SWIM + Parent & Child (7.30am-11.30)		
Wednesday			Mini Squad (60min)		LEARN TO SWIM + Parent & Child	Adult Stroke Correction	
Thursday					LEARN TO SWIM + Parent & Child (8.00am-11.30am)		
Friday			Mini Squad (60min)		LEARN TO SWIM + Parent & Child (8.00am-11.30am)		School Sport Groups (1.30pm-2.40pm)
Saturday		Adult LTS	LEARN TO SWIM + Parent & Child (7.30am-1.00pm)				

PM	3.00/3:30pm-4pm	4pm-4:30pm	4:30pm-5pm	5pm - 5:30pm	5:30pm - 6pm	6pm - 6:30pm	6.30pm-7.00pm
Monday	LEARN TO SWIM (3.30pm-6.00pm)					Mini Squad (60min)	
Tuesday	LEARN TO SWIM (3.00pm-6.00pm)					Adult LTS	Adult Stroke Correction (ends 7.15pm)
Wednesday	LEARN TO SWIM					Mini Squad (60min)	
Thursday	LEARN TO SWIM (3.30pm-6.00pm)					Mini Squad (60min)	
Friday	LEARN TO SWIM				Introductory Flippa Ball *coming soon 2017		
					Intensive squad		
Saturday							

*Glossary*

Adult Stroke/Squads	Adult Fitness Squad inc stroke technique and fitness for competent swimmers
Mini Squad	Junior Mini Squad with Swim Coach, focusing on refinement of all strokes and turns
LEARN TO SWIM + Parent & Child	<p><b>*Parent &amp; Child</b> (16mth +) 30min Water Familiarisation Class with Parent/Guardian in the water with child and instructor.</p> <p><b>*Pre-School Age</b> (2.5-5yr) 30min lesson with Learn to Swim Teacher in water. These lessons run Mornings only Mon-Sat.</p> <p><b>*School Age</b> (5yr +) 30min lesson with Learn to Swim Teacher in the water. These lessons run a mixture of times Before and After School (AM +PM) Mon-Fri and Sat</p>
Adult LTS	Learn to Swim for Beginner Adults
Adult Stroke Correction	Stroke Correction/Refinement of Technique for Adults with swimming ability
School Sport Groups	Swimming for Sport- Various School Groups
Introductory Flippa Ball	Introduction to playing Waterpolo 8-12yrs *tbc 2017
Surf Nippers Squad	*During July - Sept winter training
Intensive squad	30min Intensive Squad
Adult Fitness X Train*	* Minimum 5 people required per class. FREE Creche available.
Aqua Fit	

Where are the Lessons Held	In our Indoor Pool at 9B Green St Brookvale, NSW 2100
What Do You Need:-	<b>Learn to Swim</b> (Pre-School, School Aged and Adults)- Own Goggles
	<b>Parent &amp; Child</b> - Aqua Nappy or Happy Nappy (if not toilet trained)
	<b>Mini Squads</b> - Own Goggles, Drink Bottle and Flippers (Long Style)

Contact Us	All correspondence, enquiries, bookings and fee payments are to be made through our Brookvale Office (9B Green St, Brookvale NSW 2100) or via phone 9907-4637
	<a href="http://www.nsswimsschool.com.au">www.nsswimsschool.com.au</a>