



PRICE LIST

2012

Term 1 2012 starts Monday 30 January – Thursday 5 April (10 weeks)

Easter holiday intensive 16–27 April

Term 2 starts Monday 23 April – Saturday 30 June (10 weeks)

for more information visit us on www.inthedeep.com.au

LEARN TO SWIM LEVELS

SQUIRTS – Infant program 6 – 30 months

Introduction to water safety & survival in a fun environment

(max 6 to class) \$11 half hour

WHITE TAILS – water enjoyment & awareness

To develop confidence in water for beginners

(max 2 to class) \$18 half hour

YELLOW TAILS – water confidence & movement

To develop confidence to submerge under the water

(max 2 to class) \$18 half hour

ORANGE TAILS – Coordination & submersion

To develop floating, breathe control and propulsion in the water

(max 2 to class) \$18 half hour

RED TAILS – Water Safe

Strength to swim 15 metres on own confidently with safety & survival focus

(max 2 to class) \$18 half hour

STROKE DEVELOPMENT LEVELS

PURPLE FINS – Strength & Coordination

Introduction to Freestyle & Backstroke focus flat, streamlined body position with good kicking

(max 3 to class) \$14 half hour

BLUE FINS – Body Position & Breathing

Drills learnt in freestyle & backstroke, butterfly kick

(max 4 to class) \$13 half hour

GREEN FINS – Body Position & Breathing, increased strength

Drills learnt in freestyle, backstroke & breaststroke, butterfly kick

(max 8 to class) \$10 half hour

SQUADS

STREAMS – All 4 strokes learnt

Drills in all 4 strokes learnt to achieve technique & strength. Turns introduced

(max 10 to class) \$10.50 45 minutes

WAVES – Endurance / Discipline / Competitive Skills

Technique & endurance is further developed, competition skills introduced

(max 10 to class) \$12 60 minutes

JETS – Endurance / Discipline / Competitive Skills

Distance is increased and competition skills learnt

(max 10 to class) \$12 60 minutes

PLEASE BE AWARE THAT PRICES DO NOT INCLUDE POOL ENTRY