

Amberley
Quality Swim School

Welcome to the Amberley Quality Swim School information brochure. Although the swimming pool operates seasonally and is covered, the air and water are not heated; therefore we are reliant on weather conditions. The pool temperature ranges between 20 and 25 degrees with a median of 22. Please be sure your child can accept the conditions of the environment prior to booking lessons. Warm clothing and a hot drink after lessons is always a plus; if bringing hot drinks please do not bring crockery or glass for safety reasons.

Please use the following guide when completing your enrolment form.

Swim Start 1	<ul style="list-style-type: none"> • Four children per session • Introduction to water awareness/confidence • Progressing to submerging/floating
Swim Start 2	<ul style="list-style-type: none"> • Five children per session • Development of floating • Introduction to arm action front/back
Swim Start 3	<ul style="list-style-type: none"> • Six children per session • Development of arm action front/back • Introduction to breathing • Developing freestyle/backstroke • Introduction of breast stroke
Swim Start 4	<ul style="list-style-type: none"> • Seven children per session • Developing distance freestyle/backstroke • Developing breast stroke • Introduction to dolphin body action

Swim Start 5	<ul style="list-style-type: none"> • Eight children per session • Distance and technique development in freestyle/backstroke/breast stroke • Introduction to water safety initiatives
Mini Squad	<ul style="list-style-type: none"> • Ten children per session • Developing butterfly • Introduction to stroke turns • Continued distance and technique development

2008 Lesson Schedule

Groups		
Days	Mon & Frid	Tues & Thurs
Start	24 Nov '08	25 Nov '08
Times	3.30 pm to 6 pm	
Cost	\$70.00	
Lesson No. & Duration	8 x 25 minutes	

Groups		
Days	Wed	Sat
Start	26 Nov '08	29 Nov '08
Times	3.30 pm to 6 pm	
Cost	\$35.00	
Lesson No. & Duration	4 x 25 minute lessons	

Individuals		
Days	Wednesday	Saturday
Start	26 Nov	29 Nov
Time	3.30 pm to 6pm	10 am to 12 noon
Cost	\$48.00	
Lesson No. & Duration	4 x 15 minutes	

2009 Holiday Schedule

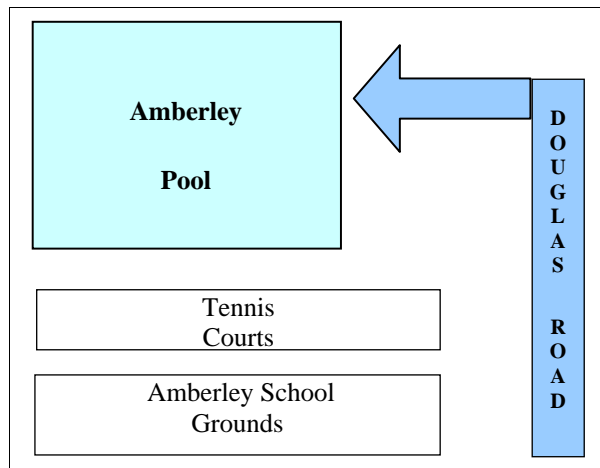
Groups	
Days	Mon to Frid
Start	<ul style="list-style-type: none"> • 12 to 16 Jan • 19 to 23 Jan
Time	10 am to 12 noon
Cost	\$35 per week
Lesson No. & Duration	Mon - Frid
Lesson No./Duration	5 x 25 minutes

Please Note: Every endeavour will be made to book your preferred time, however, should your time not be available an alternative will be offered.



How to find us:

Heading north on the main highway, turn left at the BLUE DAIRY on to Douglas Road.



Amberley Swimming Pool

Swim School

*For enquires regarding our service please call
(03) 314 8806 or (03) 314 8816*