



NEPTUNES SWIMMING SCHOOL

Summer 2013

Neptunes will be organising the annual summer swimming school between **Wednesday 3rd July and Thursday 12th September**, from Monday to Friday at the club's *fresh water* swimming pool in St. Julians and on Saturday and Sunday at the National Pool Complex in Gzira. Swimming sessions at National Pool Complex will only be held if there are enough participants.

The main objective of the swim school is to teach children between the ages of 3 years and 14 years the correct basic swimming techniques, which are essential for all young athletes aspiring to take seriously any water-sport like swimming, waterpolo, triathlon, etc. Participants will be split into groups mainly according to ability with special emphasis on teaching the correct breathing and basic strokes techniques.

The swimming courses will be split as follows:

Group D

This is a swimming course aimed at children who cannot swim unaided and still use swimming aids like arm-bands etc.

Group C

This is an elementary swimming course aimed at children who have just learnt how to swim unaided (without arm-bands) and now need to be introduced to swimming free-style and back-stroke and gain more confidence in the water.

Group B

This is a swimming foundation course aimed at children who have previously attended a swim school, can already swim confidently the length of the 33 meter pool **WITHOUT ANY HELP** or swimming-aids, and have a basic knowledge of free-style and back-stroke, but need to be taught and improve the proper breathing techniques and the basic swimming strokes (free-style, back-stroke and breast stroke).

Group A

This course is intended for children *who have previously attended a swimming school at intermediate level* and need to continue to improve their swimming strokes. Special emphasis during this course will be aimed at introducing swimmers to more advanced swimming and racing techniques.

Group AA

This group is for Advanced Swimmers who train throughout the year.

During the lessons of the first week of the Swim School, coaches will assess that swimmers satisfy the basic swimming abilities required for the group that they have been registered in. If the coaches assess that a swimmer is in the wrong group level, in the interest of the swimmer him/herself, we will change his/her Group level as necessary in order to maximise his/her learning capabilities.

At the end of the swimming season during the second week of September, Fun Swimming Races will be held for all swimmers who have attended the Swimming School. A Certificate of Attendance will be given at the end of the Swimming School in September.

FEES (including Kit) per participant - 10 weeks programme

	4 lessons per week	3 lessons per week	2 lessons per week
Group AA	Euro 175	Euro 155	N/A
Group A	Euro 165	Euro 145	Euro 120
Group B	Euro 165	Euro 145	Euro 120
Group C	N/A	Euro 135	Euro 110
Group D	N/A	Euro 150	Euro 115

Kit for Groups AA, A and B consists of Swimsuit/trunks, swim-cap, T-shirt and sun-cap and Groups C, and D Swimsuit/trunks and swim-cap.

See *TIME-TABLE* for more details and duration time of lessons.

Santa Marija Break and Public Holidays

No lessons will be held between Wednesday 14th and Sunday 18th August, both dates included.

Discounts

Families with two children attending the summer swimming school are entitled to a 5% discount whereas those with three or more children are entitled to 15% discount.

Neptunes Club Members, who have paid up their 2013 membership fee, are entitled to a further 10% discount on the above fees.

Further information about the *Swimming School* and Application Forms may be obtained from the club website: www.neptuneswpssc.com OR by sending an e-mail to: npace@gauciborda.com or monique.mangion@gmail.com and we will e-mail back the required information, OR **by sending an SMS or phoning on 9982-8202.**

Swimming goggles, caps and other swimming related products may be purchased at a **25% DISCOUNT** from the club's technical sponsors **EuroSport Complex**, Psaila Street, B'Kara upon presentation of Neptunes payment receipt. Opening hours are Monday to Saturday from 9.00am to 7.00pm. Swimming caps are obligatory for children with long hair.

Registration & payments days as follows:

At Neptunes Emirates Pool, Balluta Bay, St. Julians.

Friday 7th June 10am to 2pm;

Saturday 22nd June and Saturday 29 June from 9.30am to 11.00am;

Wednesday 26th June, Thursday 27th June, Fri 28th June from 6.30pm to 7.30pm.

It is not possible to register over the Internet and kindly note that we can only take a limited number of swimmers in every group, so early booking is recommended.

OPTIONAL:

For those parents, guardians and families (who are not already Club Members), who would be interested in making use of the Neptunes Pool facilities, you may view the Club List of Membership Fees for 2013 by going to "Membership" on the homepage of www.neptuneswpsc.com Further information regarding the Club & Swimming Pool Membership, may be obtained from the Neptunes Pool Office during office hours.

IMPORTANT SWIMMING SCHOOL & CLUB REGULATIONS

Due to the limited number of swimmers that the swim school can take, registrations will only be accepted upon payment on a first-come, first-serve basis.

Late registrations will only be accepted subject to availability of vacant places in the various swimming groups and no partial payment will be refunded for children who are absent or decide not to continue the term.

Based on previous years' experiences, **FOR THE BENEFIT OF THE CHILDREN**, parents/guardians will not be allowed to switch lessons from one group to another, unless you are instructed to do so by the coach in agreement with the parents/guardians, as this disrupts our swimmers per coach ratio.

Re. Young Swimmers - Our coaching staff will only take responsibility for the swimmers' health and safety during the time of the lesson. Coaches and pool staff will not be held responsible for those young swimmers, who are left unattended by the pool before and/or after the lessons.

The Swimming School fee paid entitles children to swim only during the swimming lessons. Therefore, those parents/guardians, who are not Club Members, and would like their children to make use of the pool prior to or after the swimming lessons need to make a Youth Season Membership for their children at the Neptunes Pool Office. (See Membership Fees List on club website).

PARENTS/GUARDIANS are STRICTLY PROHIBITED from interfering during the swimming lessons by passing comments to their children or coaches. Parents are kindly asked to seek advice or clarifications, regarding any shortcomings after the lesson has ended.

Whilst at Neptunes, accompanying persons are kindly asked NOT to use the bar tables as a changing area for the children. Swimmers, parents and guardians are restricted from bringing down food and drink onto the pool premises and are only allowed to consume those purchased from the bar whilst on Club premises.

Parents/guardians, who are not Neptunes Club Members, will only be allowed to watch from the lower pool deck (the area in front of the dressing rooms) and the bar. **PLEASE NOTE that persons accompanying the swimmers and who are not Club Members, are STRICTLY PROHIBITED from using the pool and going on ALL the upper deck area.**

Neptunes Swimming Unit
NEPTUNES WPSC – St. Julians
 May 2013

NEPTUNES SWIM SCHOOL

Summer 2013

TIME-TABLE (Wednesday 3rd July to Thursday 12th September)

Choose any 2,3 or 4 days from the same group:

Advanced Regular Swimmers - Group AA

Course AA Mon, Wed and Fri at Neptunes 08.30am to 10.00am
& Sat and Sun at National Pool 10.00am to 11.30am

Advanced – Group A

Course A1 Mon, Wed and Fri at Neptunes 11.00am to 12.00pm
& Sat and Sun at National Pool 10.00am to 11.00am

Course A2 Mon, Wed and Fri at Neptunes 04.00pm to 05.00pm
& Sat and Sun at National Pool 10.00am to 11.00am

Course A3 Tue and Thu at Neptunes 03.00pm to 04.00pm
& Sat and Sun at National Pool 10.00am to 11.00am

Foundation to Intermediate - Group B

Course B1 Mon, Wed and Fri at Neptunes 10.00am to 11.00am
Sat & Sun at National Pool 09.00am to 10.00am

Course B2 Mon, Wed and Fri at Neptunes 03.00pm to 04.00pm
Sat & Sun at National Pool 09.00am to 10.00am

Course B3 Tue and Thu at Neptunes 09.00am to 10.00am
Sat & Sun at National Pool 09.00am to 10.00am

Course B4 Tue and Thu at Neptunes 04.00pm to 05.00pm
Sat & Sun at National Pool 09.00am to 10.00am

Basic (no arm-bands) - Group C

Course C1 Mon, Wed and Fri at Neptunes 09.45am to 10.30am

Course C2 Mon, Wed and Fri at Neptunes 03.30pm to 04.15pm

Course C3 Mon, Wed and Fri at Neptunes 04.15pm to 05.00pm

Course C4 Tue and Thu at Neptunes 10.45am to 11.30am

Course C5 Tue and Thu at Neptunes 03.30pm to 04.15pm

Course C6 Tue and Thu at Neptunes 04.15pm to 05.00pm

Arm-band swimmers - Group D

Course D1 Mon, Wed and Fri at Neptunes 09.00am to 9.45am

Course D2 Mon, Wed and Fri at Neptunes 03.30pm to 04.15pm

Course D3 Mon, Wed and Fri at Neptunes 04.15pm to 05.00pm

Course D4 Tue and Thu at Neptunes 10.00am to 10.45am

Course D5 Tue and Thu at Neptunes 03.30pm to 04.15pm

Course D6 Tue and Thu at Neptunes 04.15pm to 05.00pm

NEPTUNES SWIMMING SCHOOL

Summer 2013

REGISTRATION FORM (write in Block Letters please)

Name and Surname (Swimmer): _____

Address: _____

Post Code: _____

Telephone No. Home _____ Date of Birth: _____ Boy / Girl _____

Mobile (Parents) _____ Mobile (Swimmer) _____

E-Mail: _____ School/College: _____

Allergies/Medication Reactions etc. _____

Previous Swimming Experience (tick if applicapable):

Neptunes: ___ Skola Sport: ___ S.P.U.: ___ Other: ___ None: ___

Will be attending Course No.: _____ (see Time Table page 4)

Paid Cash / Chq.no. _____ Amount: Eur _____ Receipt No. _____ (for Office Use)
(Please make cheques payable to Neptunes WPSC)

Declaration

I, as parent/guardian of the above participant, accept that Neptunes WPSC, swimming school organisers, coaches and officials, sponsors, other competitors and associates, are not liable for any loss, damage, injury, death, claim or expenses which might arise during or as a consequence of his/her participation in the swimming school or any other event organised by the swimming school and club. The participant is in good health and will be participating at his own risk. I agree to the declaration being accepted for all activities and events organised by Neptunes WPSC that I may enter at a later date.

I grant / refuse (delete as applicable) permission to publish group photos which include my child in Neptunes WPSC publications and website.

Signed _____ (Parent/Guardian) Date: _____ 2013
NAME (of Parent/Guardian) IN BLOCK LETTERS

Neptunes WPSC collects personal information for the use of confirming our client program details such as communicating time-tables and information about activities of the club.

NEPTUNES WPSC

SUMMER SWIMMING & WATERPOLO SCHOOL

Application Forms may be downloaded from the club website: www.neptuneswpsc.com

Registration & payments days:

At Neptunes Emirates Pool, Balluta Bay, St. Julians:

Friday 7th June from 10.00am to 2.00pm;

Saturday 22nd June from 9.30am to 11.00am;

Wednesday 26th June 6.30pm to 7.30pm;

Thursday 27th June from 6.30pm to 7.30pm;

Friday 28th June from 6.30 to 7.30pm;

Saturday 29th June from 9.30am to 11.00am;

It is not possible to register over the Internet and kindly note that we can only take a limited number of swimmers in every group, so early booking is recommended.

Adult Swimming Lessons

Starting Monday 8th July 2013

Monday, Wednesday, and Friday 7.30 to 8.30 am

Swimming lessons/training for adults at the Neptunes Emirates Pool in Balluta Bay, St. Julian's under the guidance of the Swim School coach Monique Mangion.

For more information and registration you may contact Monique Mangion on e-mail monique.mangion@gmail.com

Neptunes Fitness Centre

Once again Neptunes Fitness Centre is giving parents/guardians the opportunity to exercise and workout whilst the children are attending their swimming lessons. The gym is offering a special rate of Euro 60 for 3 months membership (*mornings only*) between 9.00am and 12.00pm. The gym is fully equipped with cardiovascular machines together with all the necessary weight machines needed to carry out a good workout. Assistance will also be available if requested.

For more information contact Niki Lanzon on mobile 99896790 or call directly at the gym.