

# ***Neptunes Swimming School***

## **Swimming classes for children of all ages**

***The swimming courses will be split as follows:***

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

**Group C Seahorses** 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 the basic strokes and gain more confidence in the water.

**Group B Dolphins** 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 breaststroke and back-stroke, but need to be taught and improve the proper breathing techniques.

**Group A Sharks** 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 Barracudas** This group is for Advanced Swimmers who train throughout the year.

During the lessons of the first week of the Term, coaches will assess the swimmer's abilities required for the group that they have registered in. If the coaches feel 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 maximize his/her learning capabilities.



# NEPTUNES WPSC Swimming School

## Spring 2018 – Advanced (AA or A) & Intermediate (B)

The **Spring** program for groups **AA, A and B** will commence on **Monday 9<sup>th</sup> April** and run up to **Thursday 28<sup>th</sup> June 2018**

This program will be held at the **Heated Neptunes Swimming Pool in Balluta Bay St Julians**

### Spring TIME TABLE

#### **Barracudas**

**Group AA – Further Advanced**

**Monday and Thursday** from 5pm to 6pm

**Tuesday and Friday** from 4.30pm to 6pm (first half hour land training)

**Sunday** 9am till 10am

#### **Sharks**

**Group A – Advanced**

**Tuesday and Friday** from 3.30pm to 4.30pm

**Wednesday** from 4pm to 5pm

**Saturday** from 10am to 11am

#### **Dolphins**

**Group B – Intermediate**

**Monday, Thursday** from 4pm to 5pm

**Saturday** from 9am to 10am

**Sunday** from 8am to 9am

**Group AA, A and B groups can choose either 2, 3, 4, or 5 sessions per week BUT must advise us of the days they will be attending on the Registration Form.**

### **FEE FOR THE TERM (Term = 12 weeks)**

**Group AA,** 3 lessons pw Euro 252 **OR** 4 lessons pw Euro 288 or 5 lessons a week Euro 300

**Group A and B,** 2 lessons pw Euro 168 **OR** 3 lessons pw Euro 216 **OR** 4 lessons pw Euro 240

10% discount for brothers and sisters attending the Spring Term.

**For planning purposes please register or inform us of your Registration at one week before commencement of Term.**

Parents are kindly asked to pay their fees at the beginning of the term, (**preferably by cheque payable to Neptunes WPSC**) attached to the Registration Form and post to **Mrs. V. Debono, "Aloha" 1 Triq il-Farinal, Mosta, MST 3424.** or hand over to one of the coaches. A receipt will be issued in due course.

### **Important:**

**All Swimmers need to wear goggles and a bathing cap, and bring their own kick-board and flippers/fins. Group AA will also need a Pull-buoy and Paddles. Please make sure to write your name with a permanent marker to identify your equipment.**

**National Holidays: No Lessons will be held on Tuesday 1<sup>st</sup> May, and Thursday 7<sup>th</sup> June**

For any queries or information please contact e-mail: [monique.mangion@gmail.com](mailto:monique.mangion@gmail.com) or sms: 99828202;



# NEPTUNES WPSC Swimming School

## Spring 2018

**BEGINNERS Starfish, IMPROVERS Seahorses**

*Being held at the MFA Indoor Swimming Pool at Ta' Qali*

The **Spring term** program for **groups D and C** will commence on **Sunday 8<sup>th</sup> of April** and run till **Sunday 24<sup>th</sup> June**

This program will be held at the indoor heated swimming pool at the MFA Complex, Ta' Qali.

### Spring TIME TABLE

#### **Group C Seahorses**

*(Improvers)*

**Sundays from 8.30am to 9.15am OR 9.15am till 10am**

#### **Group D Starfish**

*(Beginners)*

**Sundays from 8.30am to 9.15am OR 9.15am till 10am**

(Please note that we will try to group swimmers in the group according to their ability, so for the children's own benefit they might be asked to change preferred time after being assessed).

### **FEE FOR THE TERM** (*Term = 12 weeks*)

**Group C Seahorses** 1 lesson/week Euro 105

**Group D Starfish** 1 lesson/week Euro 115

10% Discount from the above fees is allowed for siblings.

**For planning purposes, please register or inform us of your Registration at least one weeks before commencement of Term.**

Parents are kindly asked to pay their fees at the beginning of the term, **(preferably by cheque payable to Neptunes WPSC)** attached to the Registration Form and post to **Mrs. V. Debono, "Aloha" 1 Triq il-Final, Mosta, MST 3424.**

A receipt will be issued in due course. (As there will be limited space at the Ta Qali Pool, bookings will be handles as "first come first served")

**Important:** at the Ta' Qali pool all swimmers are required to wear a swimming cap and goggles

In case of any queries or questions please send an email to:

**Monique Mangion** Swim School coach, e-mail [monique.mangion@gmail.com](mailto:monique.mangion@gmail.com) or sms: 99828202

# NEPTUNES SWIMMING SCHOOL

## Spring 2018

### REGISTRATION FORM (write in Block Letters please)

Name and Surname (Swimmer): \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Telephone No. \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Boy / Girl \_\_\_\_\_

Mobile (Mother) \_\_\_\_\_ Mobile (Father) \_\_\_\_\_

E-Mail: \_\_\_\_\_  
Clearly please

Applying to attend Group: \_\_\_\_\_ on \_\_\_\_\_ time: \_\_\_\_\_

Allergies/Medication Reactions etc. \_\_\_\_\_

Paid Cash / Chq.no \_\_\_\_\_ Amount: Euro \_\_\_\_\_ 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 also give my permission for the child to receive first aid in case of emergency, even if I cannot be contacted immediately by phone. 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 permission to publish photos and indicate names of my child in Neptunes WPSC publications.

I GRANT CONSENT \_\_\_\_\_ I REFUSE CONSENT \_\_\_\_\_

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.

Signed (Parent/Guardian) \_\_\_\_\_ Date: \_\_\_\_\_ 2018

NAME (of Parent/Guardian) IN BLOCK LETTERS \_\_\_\_\_