



NEPTUNES SWIMMING SCHOOL Summer 2018

Neptunes will be organizing their **Annual Summer Swimming School** between **Monday 2nd July and Thursday 20th September**, from Monday to Friday at the club's fresh water swimming pool in St. Julians. Subject to enough participants we will also have lessons on Sunday mornings at the National Pool Complex in Gzira.

The main objective of the swim school is to teach children between the ages of 3 years and 15 years the correct basic swimming techniques, which are essential for all young athletes aspiring to take any water-sport like swimming, water-polo, triathlon, etc. seriously. Participants will be split into groups mainly according to their ability with special emphasis on teaching the correct breathing and basic stroke techniques.

The swimming courses will be split as follows:

STARFISH (Level D)

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

SEAHORSES (Level 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.

DOLPHINS (Level 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).

SHARKS (Level 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.

BARACUDAS (Level AA)

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

Please refer to the **TIME-TABLE** for more details regarding days, time and duration of the lessons.

During the lessons of the first week of the Swim School, 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.

At the end of the summer term in September, Fun Swimming Races will be held for all swimmers who have attended the Swimming School and a Certificate of Attendance will be given at the end of the Summer Swimming-School.

FEES (including Kit) per participant

Group	4 lessons per week	3 lessons per week	2 lessons per week
Barracudas(AA)	Euro 199	Euro 183	N/A
Sharks (A)	Euro 194	Euro 173	Euro 147
Dolphins (B)	Euro 194	Euro 173	Euro 147
Seahorses (C)	N/A	Euro 168	Euro 136
Starfish (D)	N/A	Euro 178	Euro 141

Kit consists of Swimsuit/trunks and swim-cap.

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 10% discount. Neptunes Club Members, who have paid their 2018 membership fee, are entitled to a further 10% discount on the above fees.

Santa Marija Break: NO lessons will be held between Sunday 12th and Thursday 16th August, both dates included.

Further information about the Swimming School and Application Forms may be obtained from the club website: www.neptuneswpsc.com or by sending an e-mail to: info@neptuneswpsc.com or monique.mangion@gmail.com and we will e-mail back the required information, OR by Sending an SMS to 99828202

Swimming goggles, caps and other swimming related products may be purchased at a

30% DISCOUNT from the club's technical sponsors EuroSport Complex, Psaila Street, B'Kara. Opening hours are Monday to Saturday from 9.00am to 7.00pm. Swimming caps are obligatory for all children.

Summer Registration:

Parents may send the Registration form including fee by Post **before the 31st May** (preferably by cheque) payable to **"Neptunes WPSC" to Mrs. V. Messina, "Aloha" 1 Triq il-Farinal, Mosta, MST 3424. By Saturday 23rd June.** A receipt will be issued in due course. **OR** register at the Neptunes Swimming club in Balluta Bay, St Julians **on Saturday 16th and Saturday 23rd June, between 9.30am to 1pm.**

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 2018 by going to "Become a Member" on the homepage www.neptuneswpsc.com More information regarding the Club & Swimming Pool Membership, may be obtained from the Neptunes Pool Office during office hours or e-mail info@neptuneswpsc.com.

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.

Swimmers are kindly asked to come to the lessons wearing a swimming cap PREFERABLY with their first name written clearly with a permanent marker. Swimming goggles are also recommended for Groups A, B and C swimmers.

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.

Parents/guardians should ensure that SUN BLOCK is applied to the children prior to sending them for their lessons.

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

Main Street, St. Julians

Summer 2018 TIME-TABLE (Monday 2nd July to Thursday 20th September) 12 week

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

Barracudas: (Group AA) Further Advanced All-Year Swimmers

Mon, Wed and Fri 08.30am to 10am at **Neptunes** & Sun at **National Pool** from 10 to 11am

Sharks: (Group A) Advanced level

Course A1 Mon, Wed and Fri 10.00am to 11.00am at **Neptunes** & Sunday at the **National Pool** from 10 to 11am

Course A2 Tuesday and Thursday 10.00am to 11.00am at **Neptunes** & Sunday at the **National Pool** from 10 to 11am

Course A3 Mon, Wed, and Fri 03.00pm to 04.00pm at **Neptunes** & Sunday at the **National Pool** from 10 to 11am

Course A4 Mon, Wed, and Fri 04.00pm to 05.00pm at **Neptunes** & Sunday at the **National Pool** from 10 to 11am

Course A5 Tuesday and Thursday 3.00pm to 4.00pm at **Neptunes** & Sunday at the **National Pool** from 10 to 11am

Course A6 Tuesday and Thursday 4.00pm to 5.00pm at **Neptunes** & Sunday at the **National Pool** from 10 to 11am

Dolphins: (Group B) Foundation to Intermediate level

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

Course B2 Tuesday and Thursday 09.00am to 10.am at **Neptunes** & Sun at **National Pool** from 09.00am to 10.00am

Course B3 Mon, Wed, Fri 3.00pm to 4.00pm at **Neptunes** & Sun at **National Pool** from 09.00am to 10.00am

Course B4 Mon, Wed, Fri 4.00pm to 5.00pm at **Neptunes** & Sun at **National Pool** from 09.00am to 10.00am

Course B5 Tuesday and Thursday 3.00 to 4.00pm at **Neptunes** & Sun at **National Pool** from 09.00am to 10.00am

Course B6 Tuesday and Thursday 4.00 to 5.00pm at **Neptunes** & Sun at **National Pool** from 09.00am to 10.00am

Seahorses: (Group C) Basic level no arm-bands at Neptunes

Course C1 Mon, Wed and Fri 09.15am to 10 am

Course C2 Mon, Wed and Fri 10am to 10.45am

Course C3 Tuesday and Thursday 09.15am to 10am

Course C4 Tuesday and Thursday 10am to 10.45am

Course C5 Mon, Wed and Fri 02.45pm to 03.30pm

Course C6 Mon, Wed and Fri 3.30pm to 04.15pm

Course C7 Mon, Wed and Fri 4.15pm to 5.00pm

Course C8 Tuesday and Thursday 2.45pm to 3.30pm

Course C9 Tuesday and Thursday 3.30pm to 4.15pm

Course C10 Tuesday and Thursday 4.15pm to 5.00pm

Starfish: (Group D) Arm-band swimmers at Neptunes

Course D1 Mon, Wed and Fri 09.15am to 10 am

Course D2 Mon, Wed and Fri 10am to 10.45am

Course D3 Tuesday and Thursday 09.15am to 10am

Course D4 Tuesday and Thursday 10am to 10.45am

Course D5 Mon, Wed and Fri 02.45pm to 03.30pm

Course D6 Mon, Wed and Fri 3.30pm to 04.15pm

Course D7 Mon, Wed and Fri 4.15pm to 5.00pm

Course D8 Tuesday and Thursday 2.45pm to 3.30pm

Course D9 Tuesday and Thursday 3.30pm to 4.15pm

Course D10 Tuesday and Thursday 4.15pm to 5.00pm

NEPTUNES SWIMMING SCHOOL

Summer 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 _____



Adult Swimming Lessons

Starting Monday 2nd July 2018

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

Monday, Wednesday and Friday:

Advanced 6am to 7am Intermediate and Beginners 7am - 8am

For more information and registration, you may contact Monique Mangion on e-mail [**monique.mangion@gmail.com**](mailto: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 discounted rate of Euro 85 for 3 months membership which may be availed of from Monday to Friday from 6.30am to 8.00pm. 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 ask directly at the gym.