

# 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.

**Top B Squad** This group is for the Advanced teenage swimmers, who enjoy swimming as part of a healthy lifestyle, but cannot commit to more than 2/3 sessions per week.

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

## Autumn 2019 – Top B, Advanced (AA or A) & Intermediate (B)

The **Autumn** program for **Top B, AA, A and B** will commence on **Monday 30<sup>th</sup> September** and run up to **Sunday 22<sup>nd</sup> December 2019**

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

### Autumn TIME TABLE

#### Top B squad

##### Barracudas

Group AA – Further Advanced

**Monday and Friday** from 3.30pm to 5pm

**Tuesday and Thursday** from 4.30pm to 6pm

**Saturday** 9.30am to 11am

**Sunday** 8.30am till 10am

**Saturday Technique Session with Head Coach Roland** from 9.30am to 10.30am

(an additional fee of €60 will apply)

#### Sharks

Group A – Advanced

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

**Tuesday** from 3.30pm to 4.30pm

**Saturday and Sunday** from 10am to 11am

#### Dolphins

Group B – Intermediate

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

**Thursday** from 3.30pm to 4.30pm

**Saturday** from 9am to 10am

**Sunday** from 10am to 11am

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

#### Group -Top B and AA

3 lessons pw Euro 252

4 lessons pw Euro 288

5 lessons a week Euro 300

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

#### Group - A and B

2 lessons pw Euro 168

3 lessons pw Euro 216

4 lessons pw Euro 240

**For planning purposes please register or inform us of your Registration at least 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 and Public Holidays: No Lessons will be held on: Sunday 8<sup>th</sup> and Friday 13<sup>th</sup> December**

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



# NEPTUNES WPSC Swimming School

## Autumn 2019

### BEGINNERS Starfish, IMPROVERS Seahorses

*Being held at the YUE Indoor Swimming Pool in Naxxar*

The **Autumn term** program for **groups D and C** will commence on **Sunday 29<sup>th</sup> September** and run till **Sunday 22<sup>nd</sup> December**

This program will be held at the indoor heated swimming pool at the **YUE complex in Naxxar**.

#### Autumn TIME TABLE

##### Group D Starfish

*(Beginners)*

**Sundays** from 9am to 10am **OR** 10am till 11am

**Wednesday** from 4pm to 5pm **OR** 5pm to 6pm

##### Group C Seahorses

*(Improvers)*

**Sundays** from 9am to 10am **OR** 10am till 11am

**Wednesday** from 4pm to 5pm **OR** 5pm to 6pm.

Due to space being limited at the YUE Pool, early booking including payment will secure. Bookings will be taken on a "first come first served basis"

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

**Group D Starfish**    1 lesson/week    Euro 120                      2 lessons/week    Euro 228

**Group C Seahorses**    1 lesson/week    Euro 115                      2 lessons/week    Euro 218

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

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

**National and Public Holidays:** No Lessons will be held on: Sunday 8<sup>th</sup> December

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

## Autumn 2019

### 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: \_\_\_\_\_ 2019

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