

HALE SWIM SCHOOL

A Skill for Life.

About Us

Hale Swim School offers a unique *learn to swim* programme which has been developed for children aged from two - 14 years. Our level progressions provide a broad, balanced programme of swimming, water safety and survival skills in preparation of a lifetime of safe activity in, or near any aquatic environment. Swimmers will be given a coloured cap with a sea character motif, which signifies their swimming level. These caps will be issued on the first day of lessons.

The eight lane, 25 metre pool is part of an Aquatic Centre at Hale School - an exciting, fresh and positive environment for your child to experience and learn a skill for life.

Hale Swim School is registered with Swim Australia and certified by AustSwim.

Swim School Office Hours

Monday, Wednesday/Thursday and Friday	10.00am - 6.00pm
Tuesday	8.00am - 4.00pm
Saturday	11.30am - 4.00pm

Fee Structure

- Payable per school term
- Full payment required when booking
- Discounts available for current Hale families

Level Progressions



Early Development Programmes

(3 - 6 years) (up to 30 minute lesson)

Starfish

- Transition to independence



Seahorse/Jellyfish

- Promote water familiarisation
- Builds confidence and skills
- Basic water safety
- Develop basic swimming skills
- Lifesaving skills

Monday	3.45pm - 6.00pm
Wednesday	3.45pm - 6.00pm
Friday	3.45pm - 6.00pm
Saturday	2.00pm - 5.00pm

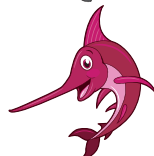


Stroke Development Programmes

(5 - 10 years) (30 minute lesson)

- 4 levels: Octopus/Otters/Seals/Dolphins
- Stroke development - four strokes
- Water safety
- Lifesaving skills
- Diving

Monday	3.45pm - 6.00pm
Wednesday	3.45pm - 6.00pm
Friday	3.45pm - 6.00pm
Saturday	2.00pm - 5.00pm



Squad Development Programmes

(8 - 12 years) (1 hour - 1 hour and 15 minute lesson)

- 3 levels: Sharks/Swordfish/Marlins
- Stroke refinement - all strokes
- Competitive skills
- Lifesaving skills

Monday	3.45pm - 6.00pm
Wednesday	3.45pm - 6.00pm
Friday	3.45pm - 6.00pm
Saturday	2.00pm - 5.00pm

Orca Squad Programme

(8 - 12 years) (1 hour - 1 hour and 15 minute lesson)

- Stroke refinement - all strokes
- Competitive skills
- Fitness and technique readiness to compete at PSA / IGSSA / School Carnival level

Term 1 & 4 Mon/Wed/Fri	6.30am - 8.00am alongside the PSA swim team
Term 2 & 3 Mon/Wed/Fri	3.50pm - 5.00pm alongside the Swim School LTS using 2 x lanes 50M)



HALE SCHOOL

Find your frontier

Hale Swim School

160 Hale Road, Wembley Downs WA 6019

Web: www.hale.wa.edu.au Email: learntoswim@hale.wa.edu.au

Phone: (08) 93470191