



# KING'S

S C H O O L

---

## SWIM SCHOOL

2014

The King's Swim School is housed in a full-size private, heated indoor swimming pool in the centre of Remuera, Auckland.

It caters for Learn-to-Swim Classes in a quiet and relaxed atmosphere.

All instructors are fully qualified with NZQA recognized courses.

We pride ourselves on excellent customer service, individualised programs and a warm and friendly environment.

## KING'S SWIM SCHOOL

King's Swim School is a first-class facility nestled in the heart of King's School, consisting of a 25m indoor heated pool and fitness centre. The Swim School is open to both the King's boys, family and the wider community.

Our Swim School places high emphasis on technique before distance as this builds a strong foundation for success. All our swim school classes are at least 30 minutes in duration (our graduating level 'World Champs' is a 45 minute lesson) and our instructors have NZ recognized qualifications and all carry a current first aid certificate. We have compulsory In-House training every term to ensure our instructors are given constant updates and ongoing support.

The Swim School consists of 6 pre-school levels starting at the age of 2 teaching basic water confidence, water safety and submersions through to an advanced breather level.

Our School-Age program has 10 levels to progress through and once completed, a swimmer may wish to continue in our Training squads (Bronze, Silver, Gold and Training Squad) which are fitness based programs.

King's School Swim Club is seen as a key pathway for the future King's Club competitors. We were ranked in the top three Swim Clubs in New Zealand for 2010. The King's Swim Club capitalizes on the King's Swim School's ability to produce talented young swimmers who are identified & offered the opportunity to further their swimming in a competitive career.

In 2011 the Club won the national title of "New Zealand Swim Club of the Year".

### SWIM SCHOOL HOURS

---

Monday to Friday                      8:00am to 8:30pm

Saturday                                    8:00am to 2.00pm

Sunday                                      8:00am to 2.00pm

Public Holidays                        Closed

### FEES

---

All Swim School Lessons            \$18.50 per lesson

## SUPERVISORS

Our Swim School employs Supervisors who are out on poolside constantly assessing swimmers and giving guidance to instructors. If you would like to find out the progress of your child, please see the office and they will let the supervisor know. Depending on their commitments on that day it may be the following lesson that they will have a look at your child. We ask that you do not approach the instructors at any stage as they are responsible for the safety and instruction of all swimmers in the pool.

Our swimmers are assessed continually during the term by our supervisors. The office will notify you if your child needs to move and will discuss possible availability.

Your bookings will automatically roll over into the next term. If you do not wish to continue the following term, or need to change days, please ensure you contact the office by Week 7 to avoid missing out for the following term. This also applies if your child will be turning 5 therefore needing to transition into our School-Age Program.

Ribbons are given out to a swimmer for the level they are moving up into or they may receive a special effort ribbon.

Please note: due to our emphasis on technique, it is not an expectation that swimmers move a level each term. Often a minimum of two terms would be normal in a level to fully understand the skill technique before moving onto the next level.

## TODDLERS AND PRESCHOOL

Our program starts with a Nemo's class which is for toddlers from the age of two. When a toddler turns 3 they progress to Pre-school lessons for 3yrs to 5yrs. These classes run during the day including Saturday and Sunday.

Nemo classes require a parent or guardian in the water with the child. These classes are water confidence classes and teach the toddlers basic water and survival skills. These are aimed at preparing the child for our preschool levels.

Pre-school levels start with a ratio of 1 instructor to 3 children and then progress onto 4 children to a class.

We have 5 pre-school levels catering for the very beginner through to confident children who are learning to breathe.

---

Pre-school Level Criteria	\$18.50 per lesson
---------------------------	--------------------

---

NEMO	15 mths - 3 years old, water confidence and water safety
TINY TURTLE	Confidence, water safety, submersion, floating
STARFISH	Gain independence, floating, basic arms, back work
SWORDFISH	Independent swimming, tap and roll, back work
FLYING FISH	Independent swimming with rotation onto back and backstroke without board, breaststroke kick
GOLDFISH	Freestyle, backstroke, breaststroke kick, Dolphin kick

### BABIES

Please note that King's do not offer lessons for Babies under 15 months. We highly recommend Paddletots for this age group – you can contact Lisa at: [www.paddletots.co.nz](http://www.paddletots.co.nz)

## SCHOOL AGE PROGRAMME

Our school age program caters from the very beginner levels through to mini and training squads for fitness. We also offer lunchtime lessons for King's boys through the swim school.

Beginner classes have a 1:4 ratio and this increased to 1:7 for poolside levels.

School Age Level Criteria

\$18.50 per lesson

---

WHIPA SNAPA	Submersions, torpedoes, kicking & confidence
SNAPA	Arm strokes, correct kicking, backstroke kick.
OCTOPUS	Arm strokes and kicking, master strong body position, introduction to breathing.
SUPA SEAL	Introduction to a 4 step breathing position, backstroke arms, breaststroke kick.
OXYGEN EATER	Freestyle with correct timing, backstroke, refine breaststroke kick.
AWESOME ORCA	Master stroke, freestyle timing and breathing, backstroke, develop breaststroke kick, basic butterfly kick
GREAT WHITE	Strong freestyle swim over 150m, backstroke and breaststroke timing. Butterfly kick and intro to arms.
TSUNAMI	200m freestyle swim defined, breaststroke kick and timing with bilateral breathing and basic butterfly.
STING RAY	300m freestyle swim with strong technique. Introduction into bent arm, backstroke, breaststroke and butterfly.
WORLD CHAMP	400m freestyle swim with strong technique, refine bent arm, backstroke, breaststroke, butterfly, turns and starts.

## ADULT CLASSES - WOMEN'S SQUAD

Our training squads are the non-competitive version of the Swim Club and cater for Students that do not wish to compete with their swimming. They are designed for swimmers to work on fitness and perfect their technique.

---

Training Squad Level Criteria		\$18.50 per lesson
BRONZE SQUAD Average age 9-10	50 minute fitness class – technique in all 4 strokes	
SILVER SQUAD Average age 11	55 minute fitness class–technique in all 4 strokes	
GOLD SQUAD Average age 12	60 minute fitness class - technique in all 4 strokes	
TRAINING SQUAD Average age 13 +	75 minute fitness class – technique in all 4 strokes	

## ADULT CLASSES - WOMEN'S SQUAD

We have Adult Classes for women during the week that focus on fitness and stroke development. These classes are great for women who know how to swim and just want to build or retain their fitness levels and develop in other strokes.

Adult Classes – Swim Squad

P.O.A per lesson

---

Monday - Friday 10.00am-11.00am\*

Monday, Wednesday & Friday Advanced Women's Squad

Tuesday & Thursday Beginner Fitness squad

\*These times may change during King's PE swim timetable

## ADULT CLASSES - BEGINNER

We also offer Adult beginner classes that cater for adults who do not know how to swim and would like to learn. This is a 'learn to swim' program and the main focus is on freestyle in these classes.

Adult Classes

\$18.50 per lesson

---

Monday & Wednesday 1.30pm-2.15pm

## KING'S SWIM CLUB

Within the Swim School we are extremely fortunate to have a Competitive Swim Club. Swimmers who have been identified by our coaches will be offered the opportunity to join our club.

King's Swim Club swimmers excel in the competitive arena but do training within the Swimming New Zealand guidelines. King's Swim Club offers sustainable training practices, with a desire for long term athlete development and a vision to provide lasting enjoyment in the sport of swimming.

It is a key goal of King's Swim Club to provide a unique squad pathway and training structure for 8-13 year olds (up to 13 years old), where any desired level of success is still attainable after their King's Swim School Swim Club graduation.

In the 2011 Swimming NZ Awards we won the national title of "New Zealand Swim Club of the Year" and were also one of 3 finalists in the country for "New Zealand Coach of the Year". This is an amazing achievement for a club that has only been established 3 years.

### Technical Refinement:

The King's Swim Club technical refinement program is an innovative, unique and highly specialised scheme leading the swimming community in technical training. These classes have low swimmer—coach ratio, feedback and support that has evolved through a desire to achieve superior results training in a more intelligent manner.

### King's Swim Club Level Criteria

P.O.A per Term

---

BOYLER	YR 4
THORPEDO	YR 5
SPLASHCOE	YR 6
SPRITZER	YR 7
PHELPO	YR 8+

### Important Components of King's Swim Club:

Dry land training • Goal setting • Swim Camps • Club nights • Nutrition plans • Parent workshops • Technical refinement classes



## FITNESS CENTRE

The King's Fitness Centre is fully equipped to cater for all your needs. We have cardio machines, free weights, cable machines and other equipment.

All memberships include pool use during weekdays, only when lanes are available. A lane planner can be obtained from the office as this is subject to changes termly.

Fitness Centre Membership: \$12.00 entry per casual workout

Membership Type	Annual	6 Monthly	3 Monthly	Monthly AP
Adult Membership	\$750	\$400	\$250	\$68*
University Student Membership	\$600	\$350	\$200	\$60*

\*Monthly memberships must be paid by Automatic Payment to:

ASB Remuera  
King's School  
12-3030-0496629-00

Ref: Gym Membership

All Fitness Centre Members must be over 16 years of age

### FITNESS CENTRE HOURS

During Term Time:

Monday to Friday 8:00am to 7:00pm

Saturday & Sunday 8:00am to 2.00pm

School Holiday Time:

Monday to Friday 8:00am to 4:30pm

Saturday & Sunday 9:00am to 12.00pm

## FITNESS CENTRE - TERMS & CONDITIONS OF MEMBERSHIP

### 1. Membership entitlement

The member is entitled, during the term of his or her membership to make use of the facilities and services from time to time available within the King's Fitness Centre, during the hours of 8.00am to 7.00pm Monday to Friday, Saturday and Sunday 8.00am to 2.00pm (excluding public holiday weekends or weekends during school holidays) or such other hours as may from time to time be determined by King's Fitness Centre, subject to these terms and conditions. The King's Fitness Centre is closed on all public holidays. All members must use their access card to enter the centre. Failure to carry this card will result in paying a casual workout fee.

### 2. Membership fees and period

The Member agrees to:

Join King's Fitness Centre for the agreed term; and

Pay the Fees as they fall due for the whole of the agreed time period until this Membership Agreement is terminated in accordance with Clauses 7 or 8.

### 3. Increase in Fees

King's Fitness Centre may at any time increase Membership fees.

### 4. Suspension of Suspension of Membership

The Member may suspend his/her membership for medical reasons for no more than one calendar month in any one calendar year on provision of a written statement by the Member with a Doctor's Certificate attached.

### 5. Refunds

Any refunds shall be at the sole discretion of King's Fitness Centre.

### 6. Compliance

The Member shall comply with any rules and regulations now or hereafter made by Kings' Fitness Centre. Membership cards must be carried at all time and swiped upon entry. Failure to produce a card may result in no entry.

### 7. Termination of Term Membership by Member

Membership is automatically cancelled at the end of the agreed term. If a Membership is renewed prior to that time, these terms and conditions apply to the renewed Membership

### 8. Termination by King's Fitness Centre

King's Fitness Centre may terminate the Member's Membership if the Member:

Fails to make payment of any fee on the due date or fails to comply with the terms and conditions of this agreement. Where Kings' Fitness Centre terminates the Member's Membership, Kings' Fitness Centre shall have the right to seek recovery of all fees payable during the remaining terms of this agreement, and costs associated with that recovery.

### 9. Limitation of liability

Except as provided in the Consumer Guarantees Act 1993, or provided elsewhere in this agreement. Kings' Fitness Centre shall not be liable or responsible to the Member for any direct, indirect or consequential injury, illness, loss or damage to the person or property of the Member whatsoever and howsoever arising.

The Member accepts that any exercise programs developed and set by Kings' Fitness Centre have been developed in good faith relying (among other things) on information provided by the Member. In this regard the Member shall, when requested, disclose all relevant medical conditions to Kings' Fitness Centre exercise program. All medical conditions, medications and injuries must be disclosed to the King's Fitness Centre.

### 10. Supervision within Kings' Fitness Centre

As the King's Fitness Centre is not staffed, King's takes no responsibility for any injury due to incorrect use of equipment. All Members 16 years or under, must be supervised by a personal trainer at all times.

I / We \_\_\_\_\_ (Full name)

Hereby apply for Membership of King's Fitness Centre on the basis of the information contained in this application form which I / we declare to be true and correct, and I/we agree to be bound by the terms and conditions of Membership set out in this application.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ (Fitness Centre Member)

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ (Aquadome Admin)

## KING'S SWIM SCHOOL - POLICIES

Below is some important information on our policies and recommendations to help you understand how the Swim School operates.

- To ensure your child has the best opportunity to learn we ask that rash shirts are not worn. These often stretch and areas around the arm tend to hold a lot of water. This can often restrict their arm movement which can slow their progress. Rash shirts are not designed to keep a child warm as they will feel cold when the body is not under the water.
- Goggles are essential as this ensures that the child has their eyes open under water. Please see the office so that a goggle specifically designed for your child can be selected and fitted.
- Boys must wear Speedo type togs, board shorts are not permitted as these also hold a lot of water and cause drag.
- Caps are to be worn on any child with hair past chin length as these prevent the hair getting in the face while swimming. It also promotes better water quality of our pool.
- Payment is due prior to, or on the first day of the current Terms. As this can be a very busy time, we can take credit card payments over the phone, we also accept eftpos or cheques. We encourage online payments; details are on your invoice. Unpaid fees may result in your child losing their placement.
- Please ensure you notify us if your child will be starting school in the following term so we can waitlist them for the appropriate school age level.
- If your swimmer misses a lesson due to illness or injury and can produce a medical certificate, a make-up will be offered where space is available. Credits or refunds are not given.
- If your child misses a lesson and cannot produce a medical certificate, we do not offer make up lessons, credits or refunds for these.
- If your child has been placed on a waitlist for a class, we will contact you as soon as a space becomes available, these are checked daily.
- Our term classes are set up to roll over from one term to the next. If you do not wish to continue your child's booking and wish to cancel you must let us know to cancel this before the beginning of the term.
- A \$25.00 cancellation fee is charged if you withdraw your child after the start of the term.
- Swimmers who do not show up for the first 2 lessons and no payment has been received will be removed from class.

Welcome to our Swim School and please do not hesitate to discuss any concerns you may have with our office staff who will advise you on the best person to talk to.

We welcome all feedback.

Kind Regards

Vicki Hooper  
Aquadome and Swim School Manager  
King's Swim Club President  
258 Remuera Rd  
Remuera  
Ph: 520 3545  
Email: [aquadome@kings.school.nz](mailto:aquadome@kings.school.nz)

# KING'S SWIM SCHOOL - ENROLMENT

Please detach and hand this form completed back to the office and you will be contacted the following day.

## DETAILS:

Family Surname: \_\_\_\_\_

Parent Names: \_\_\_\_\_

\_\_\_\_\_

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

Contact \_\_\_\_\_ Home \_\_\_\_\_ Ph: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Children(s) Name(s): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date of Birth: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Preferred Lesson Day: \_\_\_\_\_

\*Please note the more flexible you are with times and days the more likely you are to get a place in the Swim School.

Preferred time of day to be contacted: \_\_\_\_\_

\_\_\_\_\_

OFFICE USE ONLY: \_\_\_\_\_

Level \_\_\_\_\_ Contacted Y | N