



Riverside Pool
Riverside Drive / PO Box 1611, Nelson
Ph (03) 5463221 / Fax (03) 5459348



Swimming Lessons

Thank you for your enquiry regarding swimming lessons.

Riverside SwimMagic is part of the largest swim school owned and operated by CLM in New Zealand. We are certified by Swimming New Zealand as a Quality Swim School.

The SwimMagic way of teaching has been developed through years of experience from swim schools in New Zealand, around the world, and in close consultation with Swimming New Zealand. As a result, a revolutionary new swimming programme has been created which ensures the quickest chance of progression for the swimmer in the shortest time possible. If your child joins at 5 years old, the maximum progression you can expect to go through the programme is one level every 2 – 3 terms. All children will develop at their own pace and if your child is not swimming all year round please be aware that the progression rate will be slower.

Swimming is a vital life skill, and it is recommended that children swim all year round to develop, build and maintain their swimming skills. It is a recommendation by Water Safety New Zealand that all children by the age of 12 should be able to competently swim 200 metres so, accordingly, formed the Swim For Life initiative, to curb the high drowning rate in this country. SwimMagic supports and promotes this initiative, and incorporates this challenge into the term's lessons.

SwimMagic caters for all ages, from six months to senior citizens, and for all abilities and disabilities. We are happy to cater for your needs, and offer class or private lessons. We also work with Halburg Trust and CYFs for potential funding opportunities. Please ask staff for details.

Our great team of instructors are trained and qualified through Swimming New Zealand and attend regular in house trainings and meetings.

We offer lessons six days a week, from Monday to Saturday.

The cost per term is as follows:

- one lesson a week \$105.00
- two lessons a week \$199.50 (second class is at 10% discount);

We do not operate on public holidays. If a public holiday falls on the day of your lesson, there will be a class at the end of the term or you will not be charged for it.

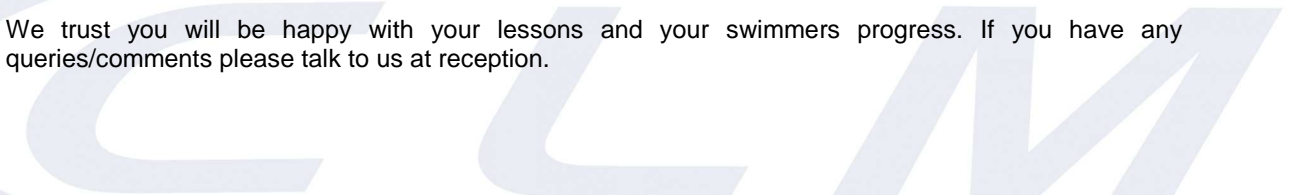
When you book your space in the class, you book it for the full term. We do not do make ups / catch ups for missed lessons for illness. If circumstances arise where it is appropriate for a makeup this will be at the discretion of the coordinator, and treated on an individual basis.

The swimmer is entitled to a free stay and play in the facility (in public open swimming times) every time he/she comes in for a lesson. Once lessons are paid for in full, the swimmer is issued with a clip card which includes three free swims in the facility, valid during the term he/she is enrolled.

Payment is required before the first lesson. If you find making payment difficult before your first class, please ask about our payment options before the first class commences.

Please see the attached flow charts to determine which class is best suited for your swimmer. We also offer free assessments so we can accurately determine the swimmer's level. Bookings can be made over the phone or in the office.

We trust you will be happy with your lessons and your swimmers progress. If you have any queries/comments please talk to us at reception.



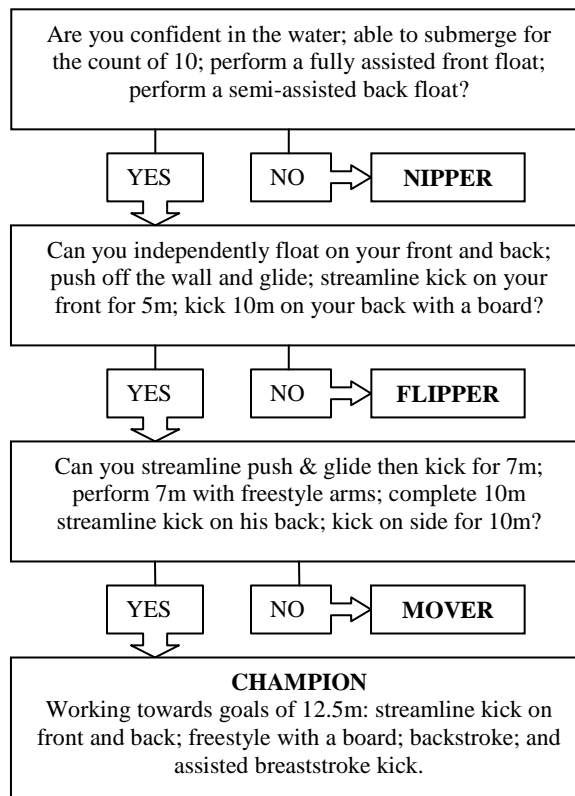
Baby // Infant Classes (6-36 months)

Children are placed in the class relative to their age group, not skill level:

Kori Hatchlings – 6-12 months
Kori Fledglings – 12-24 months
Kori Chicks – 24-36 months

Pre School Classes (3-5 years)

Children are placed in a class relative to their skill level:



School Age Learn to Swim Classes (5yrs +)

Children are placed in a class relative to their skill level:

Can you perform an independent back and front float; push off the wall and glide; streamline kick for 5m; and kick on your back with a board for 10m?

YES

NO

KICKER

Can you kick 10m with a board and your head up; streamline kick 10m on back; kick 10m on side with aide of a board; perform 7m freestyle arm action?

YES

NO

PADDLER

Can you kick with your head up for 12m with a board and in a streamlined back position; complete 12.5m freestyle swim with a board; 12.5m backstroke arms?

YES

NO

BREATHER

Can you kick with your head up for 30m with a board and streamline kick on your back; swim 15m unassisted freestyle catchup; 15m unassisted backstroke; and perform the breaststroke kick 8m?

YES

NO

SWIMMER

Can you swim 30m freestyle breathing both sides and 30m backstroke with less than 26 arm strokes; 30m breaststroke with correct timing; 30m streamline spin kick on back; 15m butterfly kick on back?

YES

NO

DEVELOPMENT

Congratulations – you are ready to join Bronze Squad Level.

Squads

Children are placed in a class relative to their skill level:

Can you kick 30m on your front with a board and streamline on back on 2.25min; swim 30m freestyle breathing to both sides and backstroke with less than 24 strokes on 1.40min; 30m breaststroke with less than 12 strokes; 30m butterfly on back on 1.40min?

YES NO → **BRONZE**

Can you kick 60m freestyle kick, streamline back kick and breaststroke kick on 1.55min; dive and 8m streamline underwater kick; 30m freestyle breathing to both sides and backstroke with less than 22 arm strokes on 1.20min; 30m butterfly with an arm stroke to three kicks on 1.20min?

YES NO → **SILVER**

Can you kick 90m freestyle kick, streamline back kick and breaststroke kick on 3 min; swim 60m freestyle breathing to both sides with tumble turns, and backstroke using no more than 17 arm strokes on 2min; complete 3 x 30m of butterfly, backstroke, breaststroke, and freestyle on 1.20min?

YES NO → **GOLD**

Congratulations – you are ready to join in our Multi-Fit Swimmers will have a high competency in all four strokes and will be focusing on the endurance and technique of swimming including correct race techniques (Dives, starts and turns). This level is for swimmers who want to keep there swim fitness but are not wanting to go competitive.

Adults

ADULT LEARN TO SWIM CLASSES

A 30 minute class relative to the current skill/ability of the swimmer.

Beginner's Class:

The goals for this level are to float on front and back unassisted. To confidently swim freestyle with correct breathing position for 30m and backstroke 30m with correct body position.

Technique Class:

The goals for this level are to improve your freestyle breath and stroke technique to confidently swim 200 metres without rest. We also enhance your backstroke arm action to make it easier on the shoulders. Working on breaststroke timing, tumble turns, dives and butterfly which is a great core workout.

Additional classes...

SPLASH MAGIC

Splash magic is a 5 week challenge for children 10+ years old. It runs for 5 one hour sessions and covers water safety, snorkeling, underwater hockey, 200 metre swim challenge and lots more fun things.

PRIVATE LESSONS

We offer a range of private classes, depending on your needs. As we cater for all abilities/disabilities, there is the possibility of being eligible for Halberg funding. Please see the office staff to talk about the private options further.