

Balclutha Centennial Pool Swimming Lessons

The Clutha District Council offers swimming lessons at Balclutha and Milton Swimming Pools both of which are heated.

We Currently Offer Classes For:

Pre-schoolers: (Ages 3 & 4): For children that are learning to move independently in the water and are able to take instructions from someone unfamiliar to them. We aim to develop: the routine of having lessons, basic aquatic skills through having fun in the water and develop basic water safety skills.

Classes are 25 minutes, once a week for 8 weeks during the school term.

Cost \$70.00; family rate \$65.00 per child

School Age: We aim to perfect fundamental aquatic skills, develop stroke technique and provide basic water safety skills/knowledge.

Classes are 25 minutes, once a week for 8 weeks during the school term.

Cost \$70.00; family rate \$65.00 per child

Adaptive: Lessons are available for students with disabilities that need specialized programmes.

1 On 1 Lessons: We have a limited number of 1 on 1 lessons available, subject to coach availability.

Classes are 20 minutes, once a week for 8 weeks . Cost \$150.00

School Holiday Block Lessons: During some school holidays we run block lessons which places a more intense focus on skill development.

Class lengths and costs vary depending on the programme run

Pool entry is included in the price of lessons

Enrolments:

Places will be first offered to the previous terms participants and remaining spots filled from the waiting list.

The link to the registration form is available at the end of the previous term on our Facebook page - Balclutha Centennial Pool

Or leave your email address at reception and we will forward you the info

Things To Be Aware Of:

All instructors hold or are working through a recognised New Zealand qualification in swim teaching . They hold a current first aid certificate.

Some lessons occur during general swimming times and families are welcome to swim at the pool during this time, though being in your child's sight can be a distraction for children learning to swim. If the pool is closed to the public, family/friends will not be able to use the pool and swimmers cannot be in the pool before or after their lesson.

All children under the age of 8 need to be fully supervised by caregivers outside of their lesson in accordance to normal pool rules.

Parents/caregivers are encouraged to watch their children's lesson however past experience has proven that many children perform better away from parents; viewing from upstairs at the Balclutha pool can be ideal.

Some children experience apprehension when getting in for their lesson, we suggest that after five minutes of this behaviour parents remove themselves from the child's sight. We have found that when parents are out of sight the children can be more willing to participate.

Please arrive on time and when possible be seated on poolside before your lessons begin.

We recommend that all children wear a cap and goggles, A hair tie may still be required to hold hair in the cap. Goggles are best fitted at home, and should fit firmly around the eyes.

Children who do not behave will be removed from the lesson and seated on poolside.

Any problems or concerns, please speak to your instructor or Holly. The sooner we become aware of a problem, the faster we can address it.

Retail Goods:

For sale at reception a range of swimming togs, goggles, caps, ear plugs.....



Clutha District Council
www.cluthadc.govt.nz