

Swimming Registration Form

Name:
Address:
Phone (day):
Phone (eve):
Swimming start date:
Number of lessons:
Pool location:
Total cost:
Signature
Date

Please hand this completed form to one of our swimming instructors to book your lessons.

Holiday Programme

At the end of every school term we provide extensive holiday swimming sessions for all ages and abilities.

Missed Classes

If classes are not taken then an alternative session may be arranged. Make-up classes are to be made within the term or school holiday programme.

Refunds / Credits

Swimming programmes are not eligible for refunds if lessons are missed or cancelled mid term. No credits will be carried forward to a new term.

Payments

Payment is required in full before lessons are started.



Swimming Classes



Call us now for bookings and further details

(09) 818 6166

www.duckndive.co.nz



Welcome

Duck 'n' Dive Swim Academy has programmes to suit everyone.

Certified New Zealand Swimming Instructors teach the ideal balance of...

- **swimming skills**
- **water safety**
- **water confidence**

...in a safe and friendly environment.

Class sizes are small to ensure all participants receive quality tuition.

School Age

(5 years and up)

Children of all abilities are catered for; beginners, stroke improvement and advanced. This comprehensive program develops a wide range of skills to ensure children are competent in all strokes, water safety and survival.



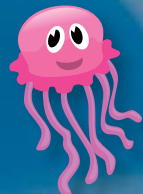
Class length.....30 minutes
Number per class.....4 to 5

Pre-School

These classes develop water confidence, water safety and co-ordination.



Through games and activities, children are introduced to floating, kicking, submerging, controlled breathing and basic swimming strokes.



Class length..... 20-30 minutes
Number per class.....3 to 4

Youth Fitness

Squads Classes are offered to those children and teenagers involved in school or competitive aquatic sports, or who are simply interested in keeping fit and healthy.



Sessions concentrate on stroke development and refinement as well as building strength and stamina.



45 minute class: 1 session per week
1 hour class: 2 sessions per week



Ask us about Adult Classes...

It's never too late to learn how to swim!