



STARplex Swim School

from babies to champions...it's what we love to do!



Adult Swimming

STARplex Swim School offers lessons to adults of all ages and abilities. Our adult lessons are available on selected days throughout the week. All STARplex Swimming Instructors are fully qualified through AUSTSWIM, the national governing body for swimming in Australia.

Lessons are available during school terms only with a break during holidays. Contact STARplex Swim Centre on 8522 0685 or 8523 8742 or e mail langeke@starplex.com.au to make a booking or for more information regarding adult swimming.

In our experience Adults generally learn to swim for the following reasons:

- Fitness
- Health
- Survival
- Stroke correction/learn to breathe during freestyle
- To enjoy water orientated activities with friends and family
- Employment opportunities

2009 School Terms

January 27th—April 9th

April 27th—July 3rd

July 20th—September 25th

October 11th—December 11th

Often to adults, the thought of having to 'learn to swim' can be very daunting and even embarrassing. In our adult classes you will be in a class with people of similar ability. Our lessons are separated into the following levels.

Level 1

- Instructor in the water
- Beginner ability



Intermediate Level

- Instructor out of the water
- Able to swim 25 metre in 2 strokes
- Capable of swimming strokes over some distance

Advanced Level

- Instructor out of the water
- Able to swim 50 metres
- Introduction to programs and distance swims
- Increasing fitness levels, technique advice

Adult STAR squad

- Instructor out of the water
- Able to swim 100 metres
- Distance/stamina
- Programmed swims, timed sets, technique advice

Lesson Cost

Adult swimming lessons are available by purchasing a 15 visit pass

\$120.00 (3 month expiry)

\$100.00 concession

Direct Debit is also an option for customers. On the first of each month \$29.00 will be deducted from your nominated account.

www.starplex.com.au

Adult Swimming Timetable 2009

Days	Level 1	Intermediate	Advanced	Adult STAR Squad
Monday	8.40am—9.20am		8.00am—8.40am	
Tuesday	6.00pm - 6.30pm 6.30pm—7.00pm		6.00pm—6.30pm	
Wednesday				
Thursday	8.40am—9.20am		8.00am—8.40am	
Friday		12.30pm—1.00pm		6.30pm—7.30pm