



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

2011 School Terms
January 31st — April 17th
May 2nd — July 10th
July 25th—October 2nd
October 17th—December 18th



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

Advanced Level

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

Lesson Cost
Adult swimming lessons are available by purchasing a 15 visit pass
\$150.00 (3 month expiry)
\$135.00 concession

www.starplex.com.au

Adult Swimming Timetable 2011		
Days	Level 1	Advanced
Monday	9.00am—9.30am	
Tuesday	5.30pm—6.00pm	
Thursday	8.40am—9.20am	8.00am—8.40am
Friday		

Please note: Lesson times may change without prior notice



STARplex POOLS



Customer Information

- ◆ In order to maintain our high level of water quality it is important for our customers to know that the pools may be shut down on any given day without prior warning. This will only occur if the pools are not operating within the parameters set out by the Guidelines of Safe Pool Operations by the Royal Life Saving Society of Australia. We appreciate your understanding should this occur.
- ◆ Our pools are disinfected using a combination of Ultra Violet light and Liquid Chlorine. The technology of Ultra Violet light reduces the amount of chloramines therefore providing a high quality of water and air conditions to our clients.
- ◆ In order to maintain our high quality of water we ask that clients do not wear cotton t-shirts in the pool. We recommend rash tops which are available from the STARstore
- ◆ Children Under 5 years of age must be accompanied by a responsible adult in the water to ensure their safety.
- ◆ Dives and Pin-drops are the safest options for jumping in at the deep end.
- ◆ Diving in the shallow end is very unsafe.
- ◆ Children up to 10 years old must be under adult supervision whilst in the pool area.
- ◆ If a child needs to wear flotation aids they should only swim as far as their carer can stand.
- ◆ As we like our pool area to always look neat and presentable we ask that if you have any rubbish can you please use the bins which are spread around the pool area.



Finally we ask that everybody enjoys their swimming experience using our pools and facilities in a safe and friendly manner. We hope to see you in the future!

