



## Adult – Learn to Swim

### Session Times:

<b>Adults Learn to Swim</b> <b>Beginner/ Intermediate/ Advance</b> <i>Run time: 30-minutes.</i> <i>20m Leisure Pool</i>	<b>Monday, Tuesday &amp; Wednesday</b> <ul style="list-style-type: none"> <li>• <b>Evenings: 5:50pm – 6:20pm</b></li> </ul> <b>Saturday</b> <ul style="list-style-type: none"> <li>• <b>Afternoon: 12:15pm – 12:45pm</b></li> </ul>
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### Term Dates – 2025

<b>Term 1</b>	<b>Tuesday 28<sup>th</sup> January till Sunday 13<sup>th</sup> April</b>
<b>Term 2</b>	<b>Monday 28<sup>th</sup> April till Sunday 29<sup>th</sup> June</b>
<b>Term 3</b>	<b>Monday 14<sup>th</sup> July till Sunday 21<sup>st</sup> September</b>
<b>Term 4</b>	<b>Monday 6<sup>th</sup> October till Friday 19<sup>th</sup> December</b>

**Please note:** Classes run during SCHOOL TERM ONLY. We do not run lessons during public holidays, Easter weekends, and Christmas holiday periods)

Casual Lesson Price:	Weekly Direct Debit – Continuous courses
<p><b>\$26.00</b></p> <p><i>1 x Lesson per day,</i>  <i>**Booking is required</i>  <i>via email or call.</i></p>	<p><b>\$22.50/week</b> for 1 lesson/week - choosing a permanent day.</p> <p><b>\$33.75/week</b> – <i>Unlimited Sessions + Unlimited entries to the pool within the school term.</i></p> <p><b><u>Please read about our new direct debit continuous courses:</u></b></p> <ul style="list-style-type: none"> <li>• No need to re-enrol, your direct debit payments will automatically resume at the start of next term. If you need to change your schedule, please email us asap.</li> <li>• Payments will be paused through any school/public holidays.</li> <li>• Weekly payments using bank account or credit card (no surcharge).</li> <li>• Payments debit every Monday.</li> <li>• You have the flexibility to cancel your courses at any time with 14 days written notice via email: <a href="mailto:Swim.GlenInnes@ymcauckland.org.nz">Swim.GlenInnes@ymcauckland.org.nz</a></li> </ul>

### Adult Class Descriptions:

#### **Learn to Swim (LTS) – Beginner, Intermediate, Advance**

This class is designed for individuals with little to no swimming experience who are interested in learning or improving their strokes. If you find it challenging to take a breath while swimming or if you would like to learn the Freestyle, Backstroke, Breaststroke, and Butterfly strokes, then this class is perfect for you. **Leisure pool length: 20m**

**Contact:** (09)527 3260 - extension 3 (swim school)  
 Email: [Swim.GlenInnes@ymcauckland.org.nz](mailto:Swim.GlenInnes@ymcauckland.org.nz)



## **Tri-Squad Information**

Tri-Squads are triathlete swim squads. It requires a high level of endurance, strength, and technique. Athletes must be able to swim 400m comfortably in our lap pool. Our aim is to provide you the necessary training to help you achieve your fitness goals.

**Approximate distance per session:** Between 3.0km – 4.8km

### **Session Times:**

- **MONDAY, WEDNESDAY, and FRIDAY**
  - Morning session: 5:45am – 7:00am & 7:00am – 8:15am
  - Evening session (Mon & Wed ONLY): 6:00pm – 7:15pm
- **SATURDAY – Morning Only:**
  - 7:30am – 9:00am

Please note: **NO SESSIONS** during public holidays, Easter weekends, and Christmas holiday periods.

### **Focuses:**

- Monday – Technique/Endurance/Speed
- Wednesday – Aerobic Endurance/Lactate Tolerance/Threshold
- Friday – Speed/Aerobic Endurance
- Saturday – Our focus is on ALL, including mixed strokes.

<b><u>Price Options</u></b>		
<b>Casual Session</b>	<b>10x Passes</b>	<b>Direct Debit Weekly</b>
<b>\$18.00/session</b>	<b>\$162.00</b> for 10 passes.  <b>Valid for 6 months from purchase.</b>	<b><i>\$21.50/Week + \$29 joining fee (one off)</i></b>  <i>Unlimited Sessions + Unlimited entries to the pools only. <b>Note:</b> 14 days' notice for cancellation via email. 5 days' notice for suspension via email – Suspension fee \$10 (under 25 days) \$25 (Over 25 days) Min. suspension: 2 weeks and maximum of 8 weeks. See <a href="#">Terms &amp; Conditions - YMCA North</a></i>

**Please note: The GYM is NOT included in the Tri-Squad membership.**

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