

# HIGH COUNTRY SWIMMING

[info@highcountryswimming.com.au](mailto:info@highcountryswimming.com.au)



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## BOOKINGS ROLL OVER AUTOMATICALLY FROM TERM 4 TO TERM 1, 2023.

If you require a change of time or do not wish to swim in Term 4, fill out the lesson change register or email...

[info@highcountryswimming.com.au](mailto:info@highcountryswimming.com.au)

## IN THIS ISSUE

- BOOK AND PAY EARLY TO RESERVE YOUR TERM 1 TIME
- TERM 4 ENDS SAT 10/12
- HOLIDAY INTENSIVE INFO
- HOLIDAY SQUAD TOWN AND TAS POOL TIMETABLE
- FOLLOW US ON INSTAGRAM @highcountryswimming

SUMMER HOLIDAY STROKE DEVELOPMENT AND SQUAD SESSIONS WILL FOCUS ON PREP FOR SCHOOL CARNIVALS

## INTENSIVE INFO.

### TAS POOL FROM 3:30PM

WEEK 1: DEC. 12-16TH;  
WEEK 2: DEC. 19-23rd;  
WEEK 3: JAN 3-6TH (4 DAYS)  
WEEK 4: JAN 9-13TH  
WEEK 5 JAN 16-20TH

WEEK 6: JAN 23/24/25(3 DAYS)  
5 DAYS INTENSIVES \$90  
4 DAYS \$75/ 3 DAYS \$55

### TOWN POOL FROM 10AM-12PM

WEEK 1: JAN 9-13TH  
WEEK 2 JAN 16-20TH  
\$60 + POOL ENTRY \$3.50 /DAY  
INTENSIVES CAN GET YOUR KIDS PAST A PHOBIA, START CLASSES OR EVEN BEGIN LEARNING WITHOUT A PARENT. BOOK NOW!!!!

## DON'T MISS OUT!!! SUBMIT YOUR 2022 ACTIVE KIDS AND FIRST LAP VOUCHERS...

THE NSW GOVERNMENT ACTIVE KIDS VOUCHERS AND

FIRST LAP VOUCHERS have made swimming lessons more affordable than ever. IF YOU STILL HAVE A VOUCHER THEN SUBMIT IT NOW SO WE CAN APPLY IT TO YOUR ACCOUNT!!!

Vouchers CAN cover classes for intensives and Term swimming.

Submit your vouchers via email to

[info@highcountryswimming.com.au](mailto:info@highcountryswimming.com.au) with your child's DOB.

PLEASE SUBMIT THE VOUCHER (NOT JUST THE NUMBER).

First Lap Vouchers have a QR code, please send through.

PLEASE NOTE: No cash refunds, change or credits for vouchers.

## SUMMER HOLIDAY SQUADS FOR KIDS AND ADULTS...

We will be offering Squads for kids at the TOWN AND TAS POOL throughout the School holidays. SUMMER HOLIDAY SQUADS are available to students currently in the Squad program, as well as those in the Skill Squad 60 levels. For a holiday squad TIMETABLE, please JUST EMAIL OR SMS US!

## HOLIDAY BUBS/TODDLER CLUB PROGRAM

We don't want our bubs and toddlers to lose what they have gained over the term, so we will be putting on classes DURING THE SCHOOL HOLIDAY SUMMER INTENSIVE PROGRAM ON TUESDAY AND THURSDAYS. See dates below...

DEC 13/15TH; DEC. 20/22ND; JAN 3/5TH; JAN 10/12TH; 17/19TH.

BUBS CLUB 6-24 MONTHS @ 5PM

TODDLERS 24-36 MONTHS @ 5:30PM

Cost is \$60 for 5 sessions or \$100 for all 10 or \$15 cash/session

## A QUICK HEADS UP ON SOME GOGGLE PROBLEMS

We have noticed quite a few children are struggling to swim without goggles. Even children who are quite confident are panicking when they don't have goggles on. THIS IS DANGEROUS! So we will be having some goggle off time during week 9 classes to try and help children see that they will be okay underwater without their goggles.

