



Adult – Learn to Swim

Session Times:	
Adults Learn to Swim Beginner/Intermediate/ Advance <i>Run time: 30 minutes.</i> <i>20m Leisure Pool</i>	Monday, Tuesday & Wednesday <ul style="list-style-type: none"> • Evenings: 5:50pm – 6:20pm Saturday <ul style="list-style-type: none"> • Afternoon: 12:10pm – 12:40pm
Adult Squads -Technique/Stamina <i>Run time: 1 hour.</i> <i>33m Main Pool</i>	Monday & Wednesday <ul style="list-style-type: none"> • Evenings: 6:00pm – 7:00pm Saturday <ul style="list-style-type: none"> • Morning: 7:30am – 8:30am

Term Dates – 2024

Term 1	Tuesday 30th January to Sunday 14th April
Term 2	Monday 29th April to Sunday 7th July
Term 3	Monday 22nd July to Sunday 29th September
Term 4	Monday 14th October to Friday 20th December

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

Price Options		
Casual Lesson	Upfront Payment per Term	EziDebit Direct Debit
\$25.00 <i>1 x Lesson per day, **Booking is required via email or call.</i>	\$215.00 <i>1 lesson only – choosing a permanent day. See T's & C's: Terms & Conditions - YMCA North</i>	\$21.50/week for 1 lesson/week - choosing a permanent day. \$32.25/week – Unlimited Sessions + Unlimited entries to the pool within the school term. <i>Note: Direct Debit weekly involves automatic payments throughout the term. Debits occur every Monday and may take 1-3 working days to process. Payments cease when the term ends. See T's & C's: Terms & Conditions - YMCA North</i>

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**

Adult Squads – Technique/Stamina

In this class, you will be required to swim in a 33m lap pool and complete a 200m (6 laps) of continuous lap swimming. If your unable to swim comfortably, then you will need to start in LTS. The goal is to improve your endurance, build muscle strength, and enhance your cardiovascular fitness, then this class is ideal for you. **Approximate distance per session:** Between 1.6km – 2.5km, **Main pool length: 33m**

Contact: (09)527 3260 - extension 3 (swim school)

Email: 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 AM 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/Strength Building
- Saturday – Our focus is on ALL, including mixed strokes.

<u>Price Options</u>		
Casual Session	10x Concession card	Direct Debit Weekly
\$18.00/session	\$162.00 for 10 pass. Valid for 6 months upon purchase.	\$20.50/Week + \$29 joining fee (one off) <i>Unlimited Sessions + Unlimited entries to the pools only. Note: 14 days' notice for cancellation. 5 days' notice for suspension via email. See Terms & Conditions - YMCA North</i>

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

Updated: 22/04/2024

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