

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 Evenings: 5:50pm – 6:20pm Saturday Afternoon: 11:45am – 12:15pm
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Term Dates – 2026

Term 2/26	Monday 20 th April	to Sunday 5 th July
Term 3/26	Monday 20 th July	to Sunday 27 th September
Term 4/26	Monday 12 th October	To Friday 18 th December

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
\$26.00 <i>1 x Lesson per day</i> <i>**Booking is required via email or call.</i>	\$23.00/week for 1 lesson/week - choosing a permanent day. \$34.50/week – <i>Unlimited Sessions + Unlimited entries to the pool within the school term.</i> <u>Please read about our new direct debit continuous courses:</u> - 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. - Payments will be paused through any school/public holidays. - Weekly payments using bank account or credit card (no surcharge). - Payments debit every Monday. - You have the flexibility to cancel your courses at any time with 14 days written notice via email: Swim.GlenInnes@ymcauckland.org.nz

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

Tri-Squad Information



Tri-Squads are triathlete swim squads. It requires a high level of endurance, 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.

<u>Price Options</u>		
Casual Session	10x Passes	Direct Debit Weekly
\$18.00/session	\$162.00 for 10 passes. Valid for 6 months from purchase.	<i>\$21.50/Week + \$29 joining fee (one off)</i> <i>Unlimited Sessions + Unlimited entries to the pools only. Note: 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 Terms & Conditions - YMCA North</i>

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

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