



PROGRAMMES, TIMETABLE AND FEES - Term 2/2008

POOL	DESCRIPTION	GENERAL GUIDELINES FOR GROUP PLACEMENT (1)		SESSIONS PER WEEK	WEEK DAYS	Time	SESSION DURATION	
		AGE	LEVEL					
JELLICOE POOL	REGISTRATION	<p>* The Club's registration/membership year commences 01 May of each year and is valid until 30 April of the following year.</p> <p>* The competitive swimming season starts on 01 May and ends on 30 April.</p> <p>* All membership fees must be paid at the time of first joining the Club, and thereafter on 01 April each year.</p>	N/A	N/A	N/A	N/A	N/A	
	BEGINNERS TO ADVANCED SWIM CLASSES	<p>* Learners pool: fully qualified coaches accompany beginners in the water and tutor them to a level where they are confident to swim a length and dive into the small pool.</p> <p>* 25m pool: Qualified coaches continue to coach the children as they progress from the learners pool to the 25m main pool.</p>	5 years onwards	Beginners to advanced	1 or 2	During School Term Friday and/or Sunday	7:00-7:30pm 7:30-8:00pm 8:00-8:30pm	30 Min.
	TADPOLES	<p>* Structured for swimmers who are competent at swimming free, back and breaststroke and wish to become competitive swimmers.</p> <p>* Emphasis is placed on strokes technique improvement and gradual introduction to competitive swimming.</p>	8 years onwards depending on skill levels	Able to swim free, back and breaststroke	2	During School Terms Wed Fri Sun	6:30-7:30pm 7:30-8:30pm 7:00-8:00pm	60 Min. 60Min. 60Min.
	ORCAS	<p>* Designed for committed swimmers competing regularly in Club and Inter-Clubs carnivals.</p> <p>* This program is the stepping-stone for those swimmers who enjoy the sport and who would like to further their competitive skills by joining the Epsom facility squads.</p>	11 years onwards	Level 3	4	During School Terms Mon, Tue, Thu, Fri	7:00-8:30pm	90 Min.

NOTES:

(1) GUIDELINES TO GROUP PLACEMENTS: these are merely **indicative**. The most appropriate programme for each swimmer is determined by the Head Coach and Programme Coach. Each swimmer is assessed based on technical skills, physical fitness, attitude and maturity. Adequate ratio of swimmers per lane in each programme is also considered in order to guarantee good training conditions.

FOR MEMBERSHIP AND FEES ENQUIRIES PLEASE CONTACT LEAN PHUAH ON 638-6098 (A/H) or 021 487-573