



Summer 2015 (July 6th – September 5th)

Dear Parents / Guardians

Welcome to another great season of swimming and waterpolo at the Sirens Swimpolo Club. The nursery is once again launching the summer programmes which cater for children of all ages as well as other programmes fit for older members. The coaches and volunteers are sure your child will experience waves of fun, excitement, camaraderie and team spirit!

Since swimming lessons have increased in popularity, it is recommended that you make your bookings on the registration dates indicated so as to avoid disappointment. Sirens have tried to hold sessions in both mornings and evenings to suit the needs of all including those with the busiest of schedules! We will help you find time for swimming.

The main objective of the swim school is to teach children between the ages of 3 years and 18 years the correct basic swimming techniques, which are essential for all young athletes aspiring to take up any water-sport, like swimming, water polo and triathlon.

We cater for different needs, for all those who would like to take up swimming sport seriously, for those who target improving fitness or simply for fun and leisure.

Participants are split into groups depending on ability. If you are unsure which level would be best for your child, take a look at our Swim Level Prerequisites or contact us and we would be more than happy to help.

We look forward to meeting each of you and working with you this summer!

The swimming courses are categorised as follows:

Swim Tadpoles	Time Slots
<p>Our Swim Tot classes are designed for infants and toddlers up to age 28 months. This class is a great opportunity for you to introduce your child to the water. The target of this class is to prepare your child for swimming lessons.</p> <p>During these classes the instructor leads the parents in group activities with their children.</p> <p>Equipment: Swim Cap and Kickboard.</p>	<p>Saturdays</p> <p>10:00 am - 10:25 am 10:30 am – 10:55 am</p>
Swim Guppies	Time Slots
<p>This group is targeted for children who are unable to swim unaided and would like to learn how to swim as well as gain confidence in the water.</p> <p>Water safety, basic buoyancy, water confidence and unsupported swimming over a short distance are targets to be achieved at this level.</p> <p>Equipment: Swim Cap and Kickboard.</p>	<p>Monday – Fridays (Morning & Evening)</p>
Swim Goldfish	Time Slots
<p>This group is targeted for children who can swim unaided (without any sort of aid) for a short distance and wish to start learning the basic swimming skills.</p> <p>Water safety, basic buoyancy and water confidence are further improved. The basic skills as well as some work on technique are covered.</p> <p>Equipment: Swim Cap, Swim Fins and Kickboard.</p>	<p>Monday – Fridays (Morning & Evening)</p>
Swim Turtles	Time Slots
<p>This group is targeted for children who are confident in the water and want to learn and further develop the four basic strokes.</p> <p>Each swimmer is guided towards building a solid swimming foundation while increasing confidence and having FUN!</p> <p>Equipment: Swim Cap, Swim Fins and Kickboard.</p>	<p>Monday – Fridays (Morning & Evening)</p>

Swim Seals	Time Slots
<p>This group is targeted for children who are confident in the water and want to learn and further develop the four basic strokes.</p> <p>Each swimmer is guided towards building a solid swimming foundation while increasing confidence and having FUN!</p> <p>Equipment: Swim Cap, Swim Fins and Kickboard.</p>	<p>Monday – Fridays (Morning & Evening)</p>
Swim Dolphins	Time Slots
<p>Dolphins Squad swimmers are expected to train twice a week. Sessions are mainly focussed on the development of excellent technique and improving aerobic conditioning. The basics of competition swimming are introduced and attendance at competitions is encouraged. The ratio for Dolphins is one instructor to eight students.</p> <p>Equipment: Kit, Swim Cap, Goggles, Swim Fins and kick board.</p>	<p>Monday – Fridays (Morning & Evening)</p>
Swim Development	Time Slots
<p>This group is targeted for children who are already competent in the four basic strokes, but need to improve on their technique and endurance.</p> <p>This advanced-beginner program is designed to help young swimmers develop a solid base for competitive swimming. Stroke technique, training skills, dives, and turns are emphasised.</p> <p>Equipment: Swim Cap, Swim Fins, Kickboard and Pull Buoy.</p>	<p>Monday – Fridays (Morning & Evening)</p>
Swim Juniors	Time Slots
<p>This group aims at further improving technique and endurance levels. The programme is compiled of a mixture of land and water training.</p> <p>Swimmers must demonstrate a positive attitude and be dedicated towards training and competitions.</p> <p>Equipment: Swim Cap, Competitive Swim Fins, Kickboard, paddles and Pull Buoy.</p>	<p>Swimmers chosen at head coach discretion</p>

Swim Seniors	Time Slots
<p>Seniors is for 13 and Older Swimmers who are already at the Junior National level, and whose goal is ultimately to move on to our Elite Group. Our senior group is high intensity, highly technical, and focused on the three main areas of improvement in swimming: Technique, Strength, and Endurance. 8 practices a week are offered, and 3 dryland workouts.</p> <p>Equipment: Mesh Bag, Competitive swim fins, Drag Suit, Paddles, Pull Buoy, Kickboard, Snorkel, Water Bottle, Dryland Gear.</p>	Swimmers chosen at head coach discretion
Swim Elite	Time Slots
<p>This is the highest level competitive group that Sirens offers. Recommended for swimmers 15 and over who wish to participate in National and potentially International competitions. We also work to qualify as many swimmers as possible to be Malta's Top Swimmers. This high intensity/ high reward group trains 9 pool practices a week, 4 dryland practices per week and offers structured strength programs as well.</p> <p>Equipment: Mesh Bag, Drag Suit, Paddles, Pull Buoy, Kickboard, Snorkel, Blue Parachute, Standard Fins, Sneakers for pool use, Water Bottle, Dryland Gear.</p>	Swimmers chosen at head coach discretion
Swim Synchronise	Time Slots
<p>Synchronised swimming developed from water ballet. The best way to describe it is dancing in the water. Most figures (moves) are completed upside down.</p> <p>These are progressive lessons in which the swimmers learn a variety of synchronised swimming skills as well as the opportunity to learn a short routine. In order to enrol on this course we ask is that you are competent swimmer able to swim a width of any stroke. You must also be happy to put your face into the water and be confident out of your depth.</p> <p>Equipment: Swim Cap, Nose Clip, paddles and Pull Buoy</p>	<p>Wednesday and Saturday (Evenings)</p> <p>*Subject to pools availability</p>

Swim Masters	
<p>This programme is targeted for adults who want to keep fit and healthy. Swimmers need be able to swim and are water confident. Differentiated coaching for different skill levels is available for all.</p> <p>All adult swimmers who simply want to exercise or compete are given personalised training.</p> <p>Equipment: Swim Cap, Swim Fins, Kickboard, paddles and Pull Buoy.</p>	<p>Monday, Wednesday or Friday (Evenings)</p> <p>*Subject to pools availability</p>
Water Polo Summer School (July 1 – Sep 06)	
Swim Polo – Introduction	Training Times
<p>Introductory Water Polo - Boys and Girls - Ages 8 to 12. Development and Fundamental Drills are the focus of every practice session.</p> <p>Our coaches are experienced at youth athlete development in the game of water polo. "Correct" skill technique and fundamental repetition is the process required for the TRUE development of a player in the game of water polo.</p> <p>Coach: Dejan Simeonov</p>	<p>Tuesday - 3.30 pm to 4.30 pm Wed - 10.30am to 11.30 am Friday - 10.30am to 11.30am Saturday - 4pm to 5.30pm</p>
Youth Waterpolo U11	Training Times
<p>This group is dedicated to Water polo players who are confident in swimming and also possess the basic skills of holding the ball, shooting, passing and swimming with the Water polo ball. The majority of this group consist of under 11 Water polo players who trained during the last winter and spring term.</p> <p>In summer this group shall play a series of friendly matches at under 11 level at Sirens ASC pool and also in other Water polo club locations</p> <p>Coach: Dejan Simeonov</p>	<p>Monday - 9am to 10am Tuesday – 6pm to 7pm Thursday – 9am to 10am Friday – 6pm to 7pm</p>

Youth Waterpolo U13	Training Times
<p>Youth Water Polo - sometimes referred to as AGE GROUP. We have Intermediate & Advanced Water Polo Boys and Girls - Ages 8 to 12.</p> <p>Development and Fundamental Drills are the focus of every practice session. Our coaches are experienced at youth athlete development in the game of water polo. "Correct" skill technique and fundamental repetition is the process required for the TRUE development of a player in the game of water polo.</p> <p>Coach: Dejan Simeonov</p>	<p>Monday - 10am to 11.30am Tuesday - 10 am to 11.30am Wednesday - 9am to 10.30am Thursday – 11.30am to 1pm Friday - 9am to 10.30 am Saturday - 8.30 am to 10 am</p>
Advanced Waterpolo U15 – U17	Training Times
<p>We teach a disciplined approach with "QUICK" decisions and aggressive style. We develop high school players both physically and mentally. We aim to increase the players' intelligence of the game producing positive results.</p> <p>Players will get the chance to play in the ASA summer competitions.</p>	<p>Monday – 11.30 am to 1 pm Tuesday - 11.30 am to 1pm Wednesday – 11.30am to 1pm Thursday - 10 am to 11.30am Friday – 11.30 am to 1pm</p>

General Note

During the first week of lessons at the nursery, coaches evaluate all swimmers / water polo players and see that they satisfy the basic swimming abilities required for the group they are registered in. If the coaches see that an athlete is in the wrong group level, in the interest of the athlete, he or she will be placed in a group suitable to her abilities. This will maximise his/her learning capabilities.

Time table is subject to change due to water polo matches. Please check our notice board regularly to ensure you have the correct information.

Training session fees

There are costs associated with any serious club sport. The club training session registration fees that you pay go towards offsetting pool costs, operating costs, marketing, advertising, training equipment, coaches certification and coaching stipends. We are very fortunate to have a wide variety of excellent coaches and we continue to develop our coaches as they endeavour to develop your athletes. All athletes will avail of the Sirens ASC summer kit which will be charged at cost price.

Prices cover whole term (July – September)

Group	1 lesson p/week	2 lessons p/week	3 lessons p/week	4 lessons p/week	5 lessons p/week
Swimming	60	115	145	175	195
Waterpolo	60	115	145	175	195
Synchronise	60	115			

A kit commemorating 85 years experience will be sold with every registration.

Discounts - (single discount apply)

Discounts on training and lesson fees are applied to families with more than one swimmer registered in Swimpolo program. The 2nd swimmer is charged €10 less the full rate and the third swimmer is free of charge.

Withdrawals and Refunds

Competitive swimmers must notify their coach as soon as possible if they decide to withdraw from the program. Written notice must also be provided to info@siresasc.com. The swimmer's withdrawal will be effective at the end of the month in which written notice is received. Any outstanding family accounts must be paid in full before post-dated cheques are returned to the member. There is no refund for non-competitive swimmers who do not complete their session, except in cases of extended illness with a medical note.

Registration Dates:

6th , 13th, 20th June (10 am – 01:00 pm)

19th June (5 – 7 pm)

Staff will be available to answer questions you may have and help you register your children for summer swim lessons.

Registration deadlines are firm. We will not accept any registrations after the deadline is passed.

Optional:

Further information regarding the Club & Swimming Pool Membership, may be obtained from the Sirens Aquatic Sports Club.

Awards Certificates

During the last session medals and certificates will be presented to each child.

Summer Break:

A short St. Marija break is scheduled between the 14th and 17th of August.

Swimathon:

All Groups

22nd August

Swimming Gala

4 & 5 September

Important swimming school & club regulations:

Due to the limited number of swimmers that the swim school can take, registrations will only be accepted upon payment on a first-come, first-serve basis.

Late registrations will only be accepted subject to availability of vacant places in the various swimming groups and no partial payment will be refunded for children who are absent or decide not to continue the term.

Based on previous years' experiences, for the benefit of the children, parents/guardians will not be allowed to switch lessons from one group to another, unless instructed to do so by the coach in agreement with the parents/guardians, as this disrupts our swimmers/coach ratio.

Re. Young Swimmers - Our coaching staff will only take responsibility for the swimmers' health and safety during the time of the lesson. Coaches and pool staff will not be held responsible for those young swimmers, who are left unattended by the pool before and/or after the lessons.

The Swimming School fee entitles children to swim only during the swimming lessons. Therefore, those parents/guardians, who are not Club Members, and would like their children to make use of the pool prior to or after the swimming lessons need to purchase a Student Season Membership for their children from the office.

PARENTS/GUARDIANS are STRICTLY PROHIBITED from interfering during the swimming lessons by passing comments to their children or coaches. Parents are kindly asked to seek advice or clarifications, regarding any shortcomings after the lesson has ended.

Parents/guardians should ensure that SUN BLOCK is applied to the children prior to sending them for their lessons.

On the first day, Swim School participants will be given an Entrance Card, (different from Club Membership Card) to be presented at the pool entrance prior to the lesson. No swimmers will be allowed onto the pool deck unless the Entrance Card is presented at the door.

Accompanying persons are kindly asked NOT to use the bar tables as a changing area for the children.

Parents/guardians, who are not Club Members, will only be allowed to watch from the pool deck (the area in front of the public toilets) and the bar.

Please note that persons accompanying the swimmers, who are not Club Members, are STRICTLY PROHIBITED from using the pool.