



Autumn 2015 (October 6th - December 20th)

Dear Parents / Guardians

We hope that everyone is satisfied with our teaching and coaching programme at Sirens this summer but now it is time to plan and develop our winter training schedule.

This year, the school will be providing its swimmers with classes and various training groups for all those who would like to continue their swimming training during autumn.

Registration is now open and registration forms can be found at the entrance. We would like to encourage everyone to turn in their registrations as early as possible. Early registration will not only help us determine team size, but help us in planning for the season, ordering equipment, and finding additional coaching help.

All lessons are held at Ta Qali Indoor Heated pool.

Please contact us should you have a problem with any of the practices or fixtures.

Sirens Swimming School

<p>Swim Tadpoles</p> <p>An introduction to water for children between 6 and 36 months of age. A parent or guardian must work in the water with the infant/toddler under the direction of the instructor. Children are encouraged to feel comfortable in the water in a fun and safe environment through the use of songs, activities and lots of toys! This is a great program for parents or guardians to bond with their child, and families often take each class as an on-going activity.</p> <p>Equipment: Swim suit.</p>	<p>Time Slots</p> <p>Topaz Hotel</p> <p>Saturdays 9 -10 am 10 – 11 am</p>
<p>Swim Guppies</p> <p>The Guppies group is designed for young children of over 36 months of age who are ready to be in a class without their parent or guardian in the water. Children will learn basic swimming skills such as getting their face in the water, blowing bubbles, exploring the water with their instructor and practicing skills with support to build water confidence and be aware of safety in the water. Children must have confidence participating without a parent in the pool.</p> <p>Equipment: Swim Cap and Swim Noodle.</p>	<p>Time Slots</p> <p>Ta Qali Heated Indoor Pool</p> <p>Tuesday 4.00 – 5.00 pm Saturday 1.00 – 2.00 pm Sunday 10.00 am - 11.00 am</p>
<p>Swim Goldfish</p> <p>Skills from Guppies are built upon in this class and children are encouraged to try more skills such as, floating and kicking on their front and back with limited support from the instructor as well as unaided swimming over short distances. Children must be able to comfortably and voluntarily submerge their nose, eyes and mouth in the water to enroll in this class. Completion of Guppies or an equivalent class is required to enroll in Goldfish. The ratio for Goldfish is one instructor to six students.</p> <p>Equipment: Swim Cap & Goggles and Swimming Noodle.</p>	<p>Time Slots</p> <p>Ta Qali Heated Indoor Pool</p> <p>Tuesday 5.00 – 6.00 pm Saturday 2.00 - 3:00 pm Sunday 11.00 - 12.00 noon</p>
<p>Swim Turtles</p> <p>This group runs in conjunction with the Goldfish group, however swimmers take part in more advanced exercises. Children should be able to perform skills like floating and submerging underwater comfortably without any support before enrolling in this class. Participants will practice floating and swimming on their front and back, kicking techniques, basic stroke development, and underwater skills. The instructors will encourage swimming without support from instructional devices over short distances.</p> <p>The ratio for Turtles is one instructor to six students.</p> <p>Equipment: Swim Cap & Goggles, Swim Noodle and Kickboard.</p>	<p>Time Slots</p> <p>Ta Qali Heated Indoor Pool</p> <p>Tuesday 5.00 – 6.00 pm Saturday 2.00 - 3:00 pm Sunday 11.00 - 12.00 noon</p>



Swim Seals	Time Slots
<p>Skills from Turtles will be reviewed and swimmers will focus on building strength in the water by swimming without support. To enroll in this class, students should be able to float, glide, and swim 15 meters on their front and back without support and be comfortable in deep water. Students will learn coordination necessary for front crawl, backstroke and breaststroke development, improve kicking technique in all four strokes, and deep water skills. The ratio for Seals group is one instructor to six students.</p> <p>Equipment: Swim Cap, Goggles, Swim Fins and Kickboard.</p>	<p>Ta Qali Heated Indoor Pool</p> <p>Tuesday 5.00 – 6.00 pm Saturday 2.00 - 3:00 pm Sunday 11.00 - 12.00 noon</p>
Swim Dolphins	Time Slots
<p>This group works in conjunction with the Seals group, however swimmers will participate in more advanced exercises. Swimmers will focus on building strength by swimming longer distances in deep water. To enroll in this class, students should be able to float, glide, and swim 25 meters on their front and back without support and be comfortable in deep water.</p> <p>Students will learn and improve their coordination and technique in front crawl with rotary breathing, backstroke, breaststroke and be introduced to the butterfly stroke. The ratio for Dolphins is one instructor to eight students.</p> <p>Equipment: Swim Cap, Goggles, Swim Fins and Kickboard.</p>	<p>Ta Qali Heated Indoor Pool</p> <p>Tuesday 5.00 – 6.00 pm Saturday 2.00 - 3:00 pm Sunday 11.00 - 12.00 noon</p>
Swim Development	Time Slots
<p>The Development groups is aimed for swimmers who are of 8 years of age or older and aim to take up swimming as a sport on a competitive level. Swimmers applying for this group need to be proficient in swimming front crawl, backstroke and breaststroke over distances of over 50m, and have basic butterfly stroke technique. Swimmers need to be capable to consistently perform advanced and long training sets in practice, and work towards becoming development finalists and Junior group qualifiers.</p> <p>Swimmers can expect to be challenged on aerobic and anaerobic levels while improving their stroke technique, both in and out of the pool all season long.</p> <p>Swimmers will be placed in this group at the Coach's discretion.</p> <p>Equipment: Team Suit, Team Cap, Goggles, Swim Fins, Paddles, Kickboard, and Pull buoy.</p>	<p>tbc</p>

General Note

Please check our notice board / mail box 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 endeavor to develop your athletes.

Prices – cover tuition between October & December

Group	1 lesson per week	2 lessons per week	3 lessons per week	4 lessons per week	5 lessons + per week
Swimming (Ta Qali)	95	170			
Synchronise (Tal Qali)	95	170			

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

Swimmers must notify their coach as soon as possible if they decide to withdraw from the program. There is no refund for non-competitive swimmers who do not complete their session, except in cases of extended illness with a medical note.

Award Certificates

Our six-stage learn to swim programme will see children cover all levels of the Sirens swimming awards. Children receive a Sirens Swimming certificate for that level, progressing to the next stage of learning.