



Welcome to Summer 2017

Dear Parents / Guardians

Welcome to another great season of swimming and water polo at the Sirens Swim polo 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, synchronised 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 - (July 3rd – September 9th)

01 - Tadpoles	Time Slots
<p>This level is an introduction to swimming lessons at Sirens. Parents and babies are in the water together working on building water confidence, water familiarisation and water safety skills.</p> <p>Equipment: Green Swim Cap and Kickboard.</p>	<p>60 minute lesson is offered every Saturday morning</p>
02 - Guppies	Time Slots
<p>The primary objective of this level is teaching our students how to save themselves in an aquatic environment. We focus on Mobilisation, Breath Control, Floating and Water Confidence.</p> <p>No ability requirement and the ratio for Guppies is one instructor to six students.</p> <p>Equipment: Red Swim Cap and Kickboard.</p>	<p>60 minute lessons run from Monday to Friday and take place mornings and afternoons</p>
03 - Goldfish	Time Slots
<p>This level is the introductory level for Freestyle and Backstroke. Students in this level are introduced to fundamental movements of these strokes.</p> <p>No ability requirement and the ratio for Goldfish is one instructor to six students.</p> <p>Equipment: Yellow Swim Cap, Swim Fins and Kickboard.</p>	<p>60 minute lessons run from Monday to Friday and take place mornings and afternoons</p>
04 - Turtles	Time Slots
<p>Stage 4 is the final learn to swim level. The focus is on the consolidation of skills learnt throughout previous levels with a significant focus on further development of Freestyle and backstroke.</p> <p>The ratio for Turtles is one instructor to six students.</p> <p>Equipment: White Swim Cap, Swim Fins and Kickboard.</p>	<p>60 minute lessons run from Monday to Friday and take place mornings and afternoons</p>

<p>05 – Seals</p>	<p>Time Slots</p>
<p>Stage 5 is our first level of pre-squad at Sirens Swimming and is the first introduction to Breaststroke for our students. Students in stage 5 are developing their competitive strokes and participating in structured mini squads.</p> <p>The ratio for Seals group is one instructor to eight students.</p> <p>Equipment: Navy Blue Swim Cap, Swim Fins and Kickboard.</p>	<p>60 minute lessons run from Monday to Friday and take place mornings and afternoons</p>
<p>06 - Dolphins</p>	<p>Time Slots</p>
<p>Stage 6 is the first pre-squad level benefiting from the use of the full 25m lane. Students in stage 6 are putting together all Breaststroke components and are introduced to Butterfly kick.</p> <p>The ratio for Seals group is one instructor to eight students</p> <p>Equipment: Blue Swim Cap, Goggles, Swim Fins and kick board.</p>	<p>60 minute lessons run from Monday to Friday and take place mornings and afternoons</p>
<p>07 - One to One</p>	<p>Time Slots</p>
<p>Swimming can be a great activity for children with special needs. It is a great leveler and can help children with special needs have fun in a non-competitive environment.</p> <p>Children with special needs can potentially be over-confident around water as they can lack an understanding of the dangers present in aquatic environments. Swimming lessons can provide important skills to help with minimizing these dangers.</p> <p>Equipment: Sirens Swim Cap, Swim Fins, Kickboard and Pull Buoy.</p>	<p>Lessons can be booked between 11:00 and 13:00 Monday to Friday</p>
<p>08 – Development Group Holiday Program</p>	<p>Time Slots</p>
<p>Our Holiday Programs are a great way to consolidate the skills learnt during the previous term or just to get you started for the coming term because you get the advantage of consecutive days. The repetition of learning will develop your skills and helps to bring everything together. It can also be a great way to maintain or increase your fitness. Our classes are small giving you more one on one learning allowing you to see measurable results faster.</p> <p>Equipment: Sirens Swim Cap, Swim Fins, Kickboard and Pull Buoy.</p>	<p>This squad swims for 60 minutes and runs Monday to Friday</p>

<p>Masters</p>	<p>Time Slots</p>
<p>Whether you're a complete beginner to swimming or just looking to improve your skills, our adult classes are a perfect fit for you. Small groups guarantee personalized attention to focus on the areas you need the most. Apart from the safety aspect alone, swimming is also a great form of exercise with overall heart healthy benefits and has no damaging impact on your joints.</p> <p>Equipment: Mesh Bag, Paddles, Pull Buoy, Kickboard, Snorkel, Water Bottle</p>	<p>This squad swims for 60 minutes and runs three times a week</p>
<p>Triathlon</p>	<p>Time Slots</p>
<p>The Sirens Kids Triathlon Training Program is a introductory program designed to train youth, ages 6-15, in the fundamentals of triathlons so they can participate in Local Triathlon Competitions.</p> <p>Our training program meets two times a week for 10 weeks. Week one will serve as an introduction to triathlons, and the following weeks will focus on the disciplines of swimming, biking, and running.</p> <p>Equipment: Mesh Bag, Paddles, Pull Buoy, Kickboard and Water Bottle</p>	<p>This squad swims /run for 60 minutes three times a week</p>
<p>Swim Synchronise</p>	<p>Time Slots</p>
<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. We offer classes for children of different abilities. In order to enrol in the Floaters Class, you must be capable of swimming half a length of the pool (12.5m) with the aid of a noodle. The beginner's class is aimed at swimmers who are more confident and can 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. The Intermediate class is aimed at girls who have previously attended synchronised swimming lessons and swimmers are moved up into this class upon coach's recommendation.</p> <p>Equipment: Sirens Swim Cap, Nose Clip, paddles and Pull Buoy</p>	<p>This squad swims for 60 minutes and runs two times a week</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.

Prices cover the whole summer term (July 3rd – September 9th)

<u>Group</u>	1 lesson p/week	2 lessons p/week	3 lessons p/week	4 lessons p/week	5 lessons p/week
Swimming	75	130	175	195	225
Triathlon	75	130	175		
Synchronise	75	130			

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 athletes must notify their coach as soon as possible if they decide to withdraw from the program. Written notice must also be provided to swimming@siresasc.com. The athlete 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:

7th, 10th & 17th June (10:00 am – 01:00 pm)

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

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:

There would be no lesson on Monday 14th and Tuesday 15th August

End of Season Gala

Swimming Gala September

Waterpolo Interleague / Fun Games 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.