



## SCHOOL HOLIDAY PROGRAMME JANUARY 2010

Are your children confident in the water? Can your children do all THREE lifesaving skills?  
**Swim 200m? Tread water? Stay afloat?**

All necessary skills to survive in the water!

Many parents believe that if their children can swim 25 metres freestyle, then they will be okay in open water. In most cases if someone gets into difficulty in the water, the minimum they would have to swim would be 200-400m, depending on currents or rips.

### **Diocesan Swim School**

At Diocesan School for Girls Swim School we have the swimming programmes, facilities and the instructors to teach your children how to swim and survive in various depths of water.

### **January Holiday Programme**

In January 2010 we will be offering swimming classes open to the public. This is an opportunity for your children to learn to swim or refine their current swimming skills - from beginners through to advanced levels - in world class facilities with qualified instructors.

**Classes** 30 minute classes, between 9am and 11am

**Dates** Week one: 11-15 January 2010

Week two: 18-22 January 2010

**Fees** One week programme: \$60 per child

Two week programme: \$100 per child

Classes are small, so please book early.

For enrolment and more information phone the Diocesan Aquatic Centre Manager, Michelle White on 520 9373 or email [mwhite@diocesan.school.nz](mailto:mwhite@diocesan.school.nz)

