

## DIVING

Learn to springboard dive on 1 m and 3 m boards in a fun and safe environment. Programs cater for boys and girls in **beginners to elite** (8+ years). The **competition program** is flexible to deliver personal goal oriented outcomes for the individual athlete. The **dry land program** uses mats and a harness to teach aerial awareness.



## AQUA AEROBICS



Aqua aerobics is a non weight bearing exercise, which uses the water as resistance for a total body workout. Aqua has an emphasis on cardio, toning and flexibility and is suitable for new participants, rehabilitation, pregnant women and athletes.

## HOLIDAY PROGRAMS

Intensive swimming and diving programs are offered every holiday period. Details are available during the term.

## SWIMMING CLUB

Swimmers from Swordfish up are invited to join the Abbotsleigh Swimming Club affiliated with NSW Swimming to compete in Wednesday club nights and external competitions.



Visit [www.abbotsleighswimclub.org.au](http://www.abbotsleighswimclub.org.au).

# ABBOTSLEIGH AQUATIC CENTRE

## TIMES

### Swim program assessments

Please contact the Aquatic Centre on 9473 7830 or talk to staff at reception to discuss available assessment times.

### Term lap swimming

Monday	7-8.15 pm
Tuesday	8-9.50 am
Wednesday	6-9.50 am 7-8.15 pm
Thursday	6-10 am
Friday	8-9.50 am
Saturday	3-5.50 pm
Sunday	2-5.50 pm

### Aqua Aerobics times

Monday	1.15-2 pm 6.15-7 pm 7-7.45 pm
Wednesday	8.30-9.15 am
Friday	8-8.45 am

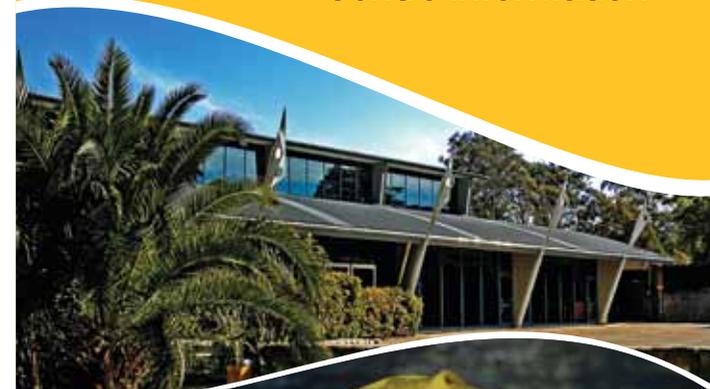
Lap swimming times and Aqua aerobics class times are subject to change. Changes will be posted on the notice board, website and in *The Shuttle*.

## ABBOTSLEIGH AQUATIC CENTRE

Gate 1, Ada Avenue (Cnr Pacific Highway), Wahroonga NSW 2076  
Telephone: 02 9473 7830 Fax: 02 9473 7681  
[aquaticcentre@abbotsleigh.nsw.edu.au](mailto:aquaticcentre@abbotsleigh.nsw.edu.au)  
[www.abbotsleigh.nsw.edu.au](http://www.abbotsleigh.nsw.edu.au)

# ABBOTSLEIGH AQUATIC CENTRE

Aquatic programs  
Swimming programs  
Diving programs  
Centre information



Abbotsleigh Aquatic Centre offers a range of swimming and diving programs, along with aquatic fitness classes, adult squads, lap swimming and intensive holiday swimming and diving programs. Opportunities exist to join swimming and diving clubs to compete in external competitions.



## LEARN TO SWIM AND ELEMENTARY STROKE CORRECTION

There are five levels of graded ability in the Learn to Swim and Stroke Correction program.

### Water Confidence

30 minute class/maximum four students per class

This course is a general introduction to water confidence and safety working toward swimming 5 m unaided on front and back.

### Gold Fish

30 minute class/maximum four students per class

Gold fish work to develop skills in floats, torpedoes, straight leg kicking practice, as well as freestyle and backstroke arms.

### Aqua Ducks

30 minute class/maximum five students per class

The main emphasis is the correct body position, arm action and kick for freestyle and backstroke. Bilateral breathing, breaststroke kicking and the dolphin action are introduced.



### Sea Turtles

30 minute class/maximum five students per class

Sea Turtles will be able to swim continuously for 12.5 m demonstrating smooth technique in freestyle and backstroke. Breaststroke and butterfly are developed.

### Swordfish

30 minute class/maximum six students per class

All four competitive strokes continue to be developed emphasising correct techniques and building strength to progress to a junior squad. Two lessons per week are highly recommended.

## SQUADS PROGRAM

The squad program consists of six graded ability levels plus a speciality starts, turns and finishes session.

### Marlins

45 minute class/ target age: 6-11 years/limited places

Marlins need to be proficient in all four strokes over a 25 metre distance. This class introduces training in a squad format and puts a strong emphasis on technique development, dives, streamlining and tumble turns. Endurance sets are introduced. Two sessions a week are recommended for optimum progress.

### Junior and senior challenge squads

60 minute class/7-11 Junior, 12+ years Senior

Interval training sets in all four competitive strokes to develop speed and endurance. Graded lane space, use of pace clock and a variety of drills help to improve racing skills and technique. Challenge Squad swimmers work together in an enjoyable group environment. Two to three sessions per week are highly recommended.

### Swim Fit Squad

60 minute class /13+ years

Swimfit is a non-competitive squad designed for swimmers who wish to maintain a healthy lifestyle whilst further developing technique and endurance in all four strokes. Two sessions a week are recommended for optimum fitness benefits.

### Bronze squad

90 minute class/targeted swimmers: 7-10 years/limited places

The Bronze squad refines technique in all four strokes and develops competitive skills such as starts, turns and finishes and underwater strokes. Squad training disciplines, use of pace clock, programs and training activities are encouraged. Bronze squad swimmers must join the Abbotsleigh Swimming Club and commit to a minimum number of sessions per week.

### Silver squad

1½-2 hour class/target age: 9-13 years/limited places

Swimmers aspiring to a higher level of participation in competitive swimming will be encouraged to join this squad. Silver squad swimmers must join the Abbotsleigh Swimming Club and commit to a minimum number of sessions per week.

### Gold squad

1½-2 hour class/target age: 13+ years

Advanced training techniques for swimmers involved in school (IGSSA), state and national level competitions.

Selection into the Silver and Gold squads is at the head coach's discretion. Consideration is given to how many sessions are undertaken per week, competitive experience and success. Dry land activities are introduced.

Swimmers in Gold squad are educated in all areas of swimming, including nutrition, race preparation/psychology, strength, flexibility, goal setting and reaching one's full potential.

### Start, turns and finishes

45 minute class/limited places

This squad is for swimmers in Marlins, Swimfit, Challenge and Bronze squads who wish to improve their starts, turns and finishes in all competitive strokes.

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