

## ABOUT US

Evolution Aquatics offers an innovative, comprehensive Learn to Swim (LTS) programme to enable school-aged children to achieve water confidence, competency and safety.

Across all four of our Learn to Swim levels there is a strong focus on buoyancy, body position and breath control. Swimmers are also introduced to progressive elements of the four competitive strokes and survival strokes.

Graduates of our LTS programme will be able to swim an uninterrupted 200m, using various swimming and water safety techniques as required.

Swimmers are then invited to continue developing their skills and technique in preparation for entering our introductory squad experience in the Stroke Development Squad, should they wish to.



# LEARN TO SWIM LEVELS

### 1

#### WATER CONFIDENCE

Swimmers become comfortable submerging and working on buoyancy, body position and breath control

30 min lesson per week

### 2

#### WATER COMPETENCE

Swimmers become confident going from A to B using floating, gliding and kicking on their front and back

30 min lesson per week

### 3

#### FIRST STROKES

Swimmers are introduced to the basic freestyle and backstroke technique

45 min lesson 1-2 x per week

### 4

#### STROKE PROGRESSION

Swimmers develop their freestyle and backstroke and are introduced to elements of breaststroke and butterfly

45 min lesson 1-2 x per week

All new members require a free swimming assessment. This ensures your swimmer is placed correctly for their level of ability. To book, please email [evo4swim@gmail.com](mailto:evo4swim@gmail.com)

#### Fees for Levels 1 and Level 2

\$165 per term (minimum of 9 weeks)

Payment is due prior to commencement of the term.

#### Fees for Levels 3 and Level 4

\$180 per term (minimum of 9 weeks)

Families can **book** a second lesson each week for no additional charge, if they wish to (Terms 2 & 3 only)

Payment is due prior to commencement of the term.

#### Lesson Changes

EVO strives to maintain consistency across our sessions, but occasionally may have to cancel or change classes and/or instructors. If changes are necessary, we will make every effort to ensure it is a smooth transition for our swimmers.

#### Make-up Lessons

EVO LTS offers **one** 'make-up' lesson per term. Please email the squad administrator at [evo4squad@gmail.com](mailto:evo4squad@gmail.com) to organise this. Make-up lessons are dependent on availability and spaces may not be on your preferred day and/or time. There is no guarantee we can meet all requests.

#### Parents and Caregivers

Once your child has entered the water, please find a seat and let the coach, coach. Continued interaction with your child is distracting to the swimmer and makes it difficult for instructors to do their job effectively.

#### Pool Entry

EVO LTS members are not required to pay pool entry to attend lessons. Please obtain a Bay Venues membership form and tag from Ōtūmoetai Pool. You **must** use this tag to scan into the pool at reception **every time** you attend your lesson.

#### Recreational Play

Due to limited lane availability during our LTS sessions, there is to be **no recreational play** before and after lessons in the public lap pool lanes (usually lanes 6 & 7).

#### Swimming Attire

Googles are required for every lesson. One-piece togs for girls and jammers for boys are recommended. For hygiene reasons, all swimmers with long hair must wear a cap.

Full terms and conditions can be found at [www.evolutionaquatics.co.nz](http://www.evolutionaquatics.co.nz)