



Sydney Uni
SPORT & FITNESS

JANUARY HOLIDAY INTENSIVE SWIM PROGRAM

4-22 JANUARY

Our fast-track holiday intensive program is a burst of daily swimming lessons held during the January school holidays.

Group classes and private lessons are available between 9.00am–12.00pm and 3:30pm–6.00pm.

Lessons focus on intensive learning and practicing skills on a daily basis. Our 5 day programs will build your child's confidence ahead of Summer and February school carnivals. They are a great way to improve skills to progress to the next level, getting a jumpstart on a new level or simply keeping swimmers fit and active over the term break.

SECURE YOUR SPOT TODAY: Enrolments open Monday 30 November

Call 9351 8735 or enrol at reception.

JANUARY HOLIDAY INTENSIVE SWIM PROGRAM

Week 1: 4–8 January

Learn to Swim			3 Day Stroke & Dive Clinics / Adult	
9:00am	Level 1	Seahorse	9:00am	Levels 5&6
9:30am	Level 2	Level 1		
10:00am	Level 3	Level 5	10:00am	Development & Challenge Squads
10:30am	Level4	Private		
11:00am	Level 1	Level 3		
11:30am	Adult WS	Adult CB	6:00pm	Adult Stroke Development (Thurs only)

Week 2: 11–15 January

Learn to Swim			3 Day Stroke & Dive Clinics / Adult	
9:00am	Level 1	Private	9:00am	Levels 5&6
9:30am	Level 2	Level 1		
10:00am	Level 3	Level 5	10:00am	Development & Challenge Squads
10:30am	Level4	Private		
11:00am	Level 1	Level 3		
11:30am	Adult WS	Adult CB		
3:30pm	Level 2	Add Needs		
4:00pm	Level 1	Seahorse		
4:30pm	Level 3	Level 5		
5:00pm	Level 4	Private		
5:30pm	Adult CB	Private		
6:00pm	Adult Stroke Development	Thurs only		

Week 3: 18–22 January

Learn to Swim			3 Day Stroke & Dive Clinics / Adult	
9:00am	Level 4	Starfish	9:00am	Levels 5&6
9:30am	Level 1	Level 5		
10:00am	Level 3	Level 2	10:00am	Development & Challenge Squads
10:30am	Level 4	Level 1		
11:00am	Private	Add Needs		
11:30am	Private	Level 5		
3:30pm	Additional Needs	L2		
4:00pm	Level 1	Seahorse		
4:30pm	Level 3	Level 5		
5:00pm	Level 4	Level 3		
5:30pm	Private	Adult WS		
6:00pm	Adult Stroke Development	Thurs only		

FEES: 1ST CHILD \$98, 2ND CHILD \$95 | 1ST CHILD LTS AND SQUAD CLINICS \$108, 2ND CHILD \$102

Private Lessons:

- Fees: \$330 for 5x30 minute lessons.
 - Our instructors will assist you in achieving individual goals.
 - All abilities are catered for, children must be of school age.
- One-on-one private lessons, or if requested a group private (with a group of friends or family members), can be arranged. However, if students are of differing swimming ability we recommend that you book one-on-one private lessons for maximum benefit.