

# Swimming Pool Schedule for December

## Swimpros Swimming Lessons

### Private Swimming Lessons

NT 800 per half-hour lesson.

NT 1600 per one hour lesson.

Please check with the swimming pool staff for scheduling.

### Baby Swimming Lessons

(For ages 4 months to 2.5 years old)

(Class size will be a minimum of 2 babies and a maximum of 6)

Each Baby Swimming lesson will be 30 minutes. Your baby will be taught water adjustment and basic swimming skills.

Please notice that each baby must be accompanied by at least an adult during each lesson.

NT 350 per baby for each half hour lesson.

### Toddler Swimming Lessons

(For ages 2.5 to 4 years old)

(Class size will be a minimum of 2 children and a maximum of 4)

Each Toddler Swimming Lesson will be for a half hour and will consist of eight lessons. Your toddler will become used to swimming underwater through playing water games. Each toddler will learn how to swim back to the poolside unaided, should they accidentally fall into the water.

NT 2800 per toddler total for 8 lessons.

### Confined Water Swimmer Lessons

(For ages over 4 years old including beginners)

(Class size will be a minimum of 2 children and a maximum of 4)

The students will learn to have a stable breathing rhythm while swimming for more than 5 minutes and will learn basic self-lifesaving skills.

NT 350 per person for each half-hour lesson.

### Advanced Swimmer Lessons

(For ages over 4 years old and already a pool swimmer)

(Class size will be a minimum of 2 children and a maximum of 8)

The students will learn to swim continuously for 15 minutes using different swimming strokes. They will also learn several techniques and methods (without jumping into the pool) to save people in distress in the open water. Each student upon successful completion of this course using two different swimming strokes will be issued a certificate. This certification will allow the student to progress to the Swim Master Level.

NT 350 per person for each half-hour lesson.

### Swim Master Lessons

(For ages more than 4 years old and already an advanced swimmer)

(Class size will be a minimum of 2 and a maximum of 8)

The students will learn to swim continuously for 30 minutes using four different swimming strokes. They will learn the competition starting and turning skills required for each stroke. Additional aquatic skills will be taught such as Rescue Swimmer, snorkeling kayaking, and scuba diving.

NT 700 per person for each one hour lesson.

### Speed Master Training Course

(For ages more than 4 years old and already an advanced swimmer)

Open to all age categories. This course is the best training program to prepare you for a triathlon or competitive swimming. All participants must be able to swim 1000 meters and swim continuously for 30 minutes.

NT 1600 per person for a 1 hour lesson.

NT 1000 per person for a 1 hour lesson when more than 2 people.

### Rescue Swimmer Training Course

(For ages more than 4 years old and already an advanced swimmer)

Learn valuable lifesaving, basic water safety skills, CPR and first-aid techniques while getting some great exercise. All participants must be able to swim 100 meters by any stroke and swim a short distance while carrying 10kg. All successful participants over 8 years of age will receive an official sanctioned certificate from the National Water Life Saving Association.

This 5 one hour course is by appointment only.

NT 4,800 per person for five lessons.

### Synchronized Swimming Lessons

(For ages 6 ~12 years old and already an advanced swimmer)

These lessons are designed to improve flexibility, coordination and to keep your body in excellent shape. Instructor Ms. Lali is a qualified instructor having been a member of the Youth National Team of Georgia in Synchronized Swimming and has 12 years teaching experience.

This course is by appointment only.

Each lesson will be 90 minutes.

NT 2000 per person.

NT 1000 when more than 2 people.

### ACC Scuba Diving Lessons/ Discover Scuba Diving Lessons

Now we are having Scuba Diving Lessons for ACC members. It will be a group activity held in the ACC pool. Purpose of these lessons is to teach basic scuba diving skills as an introduction to the experience and enjoyment of diving and swimming underwater.

The lessons will be conducted by PADI certified instructors.

NOTE! Parent's participation is encouraged – enjoy the learning experience with your children.

The group lesson fee will be NT 1,200 per person for a 1 hour lesson.

Class size will be a minimum of 2 students and a maximum of 4 students.

Private lesson fee is NT 2,000 per hour.

This course is by appointment only.

### Monday

15:30~16:00 Toddler Swimming Lessons

16:00~16:30 Confined Water Swimmer Lessons

16:30~17:30 Discover Scuba Diving lessons

### Tuesday

16:00~16:30 Advanced Swimmer Lessons

16:30~17:30 Discover Scuba Diving lessons

### Wednesday

15:30~16:30 Swim Master Lessons

16:30~17:30 Discover Scuba Diving lessons

### Thursday

15:30~16:00 Toddler Swimming Lessons

16:00~16:30 Confined Water Swimmer Lessons

16:00~16:30 Baby Swimming Lessons

16:30~17:30 Discover Scuba Diving lessons

### Friday

16:00~16:30 Advanced Swimmer Lessons

16:30~17:30 Discover Scuba Diving lessons

**Should you require a group lesson in a different time slot; please check with the swimming pool staff for scheduling.**

### ACC SIGN UP and CANCELLATION POLICY REMINDER

Sign up one day in advance for each lesson. Call 2885-8260 ext. 83.

Please inform the pool staff as soon as possible of any cancellation.

Members will be charged half price if the instructor is not contacted within 24 hours prior to appointment

Members will be charged full price for a 'no show'

All lessons will be cancelled in the event of a typhoon or when lightning is in the area. If such weather conditions are prevalent Members are encouraged to call 2885-8260 ext. 83.

**Swimming pool open hours: Mon-Fri 6:30am-8:00pm; Sat, Sun & Holiday 9:00am-7:00pm**