

- Sparkling clean environment
- Lessons are conducted in an indoor 50m heated pool
- We welcome swimmers of all levels and ages
- Learn to swim and train year round at convenient times
- The Swim School is Austswim registered and Swim Australia certified
- All staff are Austswim and/or Australian Coaching Council qualified
 - Certificates of Achievement are awarded to students
- Our computer booking program tracks your child's level, progress and achievement
- The program is multi-level



aquatic
CENTRE

SWIM PROGRAMS

learn to swim!

Office hours

Monday to Friday
8.30am – 7.00pm
Saturday & Sunday
8.00am – 1.00pm



MLC Aquatic Centre Office

Park Road, Burwood
(beside Burwood Park)

post PO Box 643, Burwood 1805
tel 8741 3154
fax 9715 2712
email swim@mlcsyd.nsw.edu.au
web www.mlcsyd.nsw.edu.au

Assessments conducted

Tuesday to Friday
3.30pm – 6.00pm
Saturday & Sunday
8.00am – 1.00pm
or by appointment

issue date May 2008

Swimming Club All squad swimmers are invited to join the MLC Marlins Swimming Team, affiliated with Swimming NSW, to compete in external competitions. The club provides full support to all levels of competitive swimming.

John Bladon, a Silver Licence Coach with a degree in Sports Science. John is the Senior Gold Coach and Head Coach of the MLC Marlins Swimming Team. The MLC Marlins Swim Team is one of the state's top teams. The team has won the NSW State Championships and consistently finished in the top 3 at state recognised events. John has coached national Age Champions and National Open Finalists. All MLC School Aquatic Centre swim coaches are Bronze or Silver Licence qualified with many years experience.



dare 
to be more

Swim Programs

The MLC School Aquatic Centre offers Learn to Swim Programs for all levels and ages; for children from as young as 6 months through to adult classes for those who have never really mastered water confidence.

The MLC School Aquatic Centre also offers swimmers the chance to train year round with its team of committed and highly experienced coaches and instructors. The multi-level squad program caters for all swimmers who wish to increase fitness, endurance, improve technique and compete.



Fee Structure

- Payable per school term.
- Full payment required when booking.
- Discounts available for multiple family bookings, please enquire.

SWIM SCHOOL

Pre School (under 5 years)	\$10.50 per class
Turtles	\$12.00 per class
<ul style="list-style-type: none"> 20 min lesson 2 per class Age 2-3 years 	
School Age	\$14 per class
Adult	\$14 per class

SQUAD

Junior Squad	\$11 per session*
Junior Advanced	\$24 per week
Junior Gold	\$27 per week
Fitness Squad	\$10 per session
Senior Bronze	\$24 per week
Senior Silver	\$27 per week
Senior Gold	\$27 per week
Adult	\$10 per session \$17 per week

*Prices are subject to change.

Learn to Swim

PARENT & BABY (6-24mths) (30 minute lessons)

- Water familiarisation and basic skills

Tues–Fri	9.15am – 12.45pm
Saturday	8.00am – 2.00pm
Sunday	8.00am – 1.00pm

PRE SCHOOL (2-5 years) (30 minute lessons)

- 4 levels
- Water familiarisation and basic skills
- Learn to swim at an early age
- Lifesaving skills
- Promotes motor skill development

Tuesday–Friday	9.15am – 12.45pm
	3.30pm – 6.30pm
Saturday	8.00am – 2.00pm
Sunday	8.00am – 1.00pm

SCHOOL AGE (5 years +) (30 minute lessons)

- 5 levels
- Promote water familiarisation
- Build confidence and skills
- Basic water safety
- Develop swimming strokes
- Diving
- Competitive skills
- Lifesaving Skills

Tues–Fri	3.30pm – 6.30pm
Saturday	8.00am – 2.00pm
Sunday	8.00am – 1.00pm

ADULT LTS (30 minute lessons)

- Learn to swim
- Basic stroke development
- Advanced stroke correction

Tues–Fri	9.15am – 12.45pm
Saturday	8.00am – 2.00pm
Sunday	8.00am – 1.00pm

INTENSIVE CLINICS

Intensive programs are available during the holidays. Details available during the term from the Swim School office.

Squad

JUNIOR SQUAD (1 hour sessions)

- Book individual sessions
- 12 years and under
- School terms and holiday intensive programs available

Mon–Thurs	4.30pm – 6.30pm
Friday	3.30pm – 6.30pm
Saturday	8.00am – 10.00am
	12.00noon – 1.00pm
Sunday	8.30am – 10.30am

JUNIOR ADVANCED SQUAD (2 hour & 90 minute sessions)

- District/Metro level
- 3–6 session a week
- 12 years and under

JUNIOR GOLD SQUAD (2 hour sessions)

- State/Metro level
- Approximately 6 sessions a week
- 12 years and under

FITNESS SQUAD

- Club, fitness
- 12 years and over

SENIOR BRONZE SQUAD (90 minute sessions)

- Club, fitness
- 1–6 sessions a week
- 12 years and over

SENIOR SILVER SQUAD (2 hour sessions)

- State/Metro level
- 5–10 sessions a week
- 12 years and over

SENIOR GOLD SQUAD (2 hour sessions)

- National/State top ten
- 8–10 sessions per week
- 13 years and over

ADULT SQUAD (90 minute sessions)

- Fun
- Fitness
- Competition
- 17 years and over

SQUAD SESSION TIMES

For a current squad session timetable, please contact the Swim School office or visit the MLC School website following the links to MLC School Aquatic Centre Programs.