

# **JPC Aquatics Program**

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**JPC Aquatics Swim School & Competitive Squads**

**Program Overview**



# **JPC Aquatics Swim School**

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## **Welcome to the John Paul College Aquatics Swim Program**

JPC Aquatics was established in May 2008 at John Paul College. Our vision is to become recognised as a leading swimming program.

In July 2010, we established Learn-to-Swim classes, known as JPC Aquatics Swim School, to consolidate the growth of our program. The learn-to-swim school gives young children a development pathway that works in conjunction with the existing coaching squads, and helps them reach their full potential both physically and mentally.

Under this approach, our JPC Aquatics coaching staff provide basic technical skills and general aquatic education for the entire swimming lifecycle, starting at beginner level and progressing through to local and state competitive-level swimming and ultimately, high performance elite squad swimming.

## **JPC Aquatics Swim School Structure**

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JPC Aquatics uses a four-tier structure. Each tier is identified by unique swim-cap colour:

- Beginners are Red (better visibility in terms of safety)
- Intermediates are White
- Advanced are Burgundy
- Mini Squads are Blue.

Each child receives a new colour cap, free-of-charge, to signify their achievement and to recognise their learning effort as they move-up a tier (note there is only one cap given per tier graduation). As swimmers progress through training, graduating from Beginners to Intermediate, and from Advanced to Mini squad, they begin to associate themselves with JPC colours and the JPC Aquatics Swim Team.

## Swim Classes Curriculum and Pricing

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### **Beginners - Red caps - 2 levels – Red Silver/Red Gold**

- Water familiarization, water safety and confidence.
- Introduction to basics of freestyle and backstroke technique.
- Swimmer/Coach ratio – 3/1: Silver, 4/1: Gold
- Lesson duration – 30 min.
- Cost \$135.00 /10-week term/1 lesson per week
- Cost \$240.00 /10-week term/2 lessons per week (optional)

### **Intermediate - White caps - 2 levels – White Silver/White Gold**

- Further technique development of freestyle and backstroke with confident breathing.
- Introduction to basic breaststroke kick, and dolphin wiggles.
- Swimmer/Coach ratio – 5/1: Silver, 6/1: Gold
- Lesson duration – 30 min.
- Cost \$135.00 /10-week term/1 lesson per week
- Cost \$240.00 /10-week term/2 lessons per week (optional)

### **Advanced - Burgundy caps - 2 levels – Burgundy Silver/Burgundy Gold**

- Continuation of freestyle and backstroke development. Further development of breaststroke kick and development of breaststroke arm stroke.
- Consolidation of breaststroke technique. Introduction of butterfly arms.
- Swimmer/Coach ratio – 8/1: Silver, 10/1:Gold
- Lesson duration – 45 min.
- Cost \$145.00 /10-week term/1 lesson per week
- Cost \$255.00 /10-week term/2 lessons per week (optional)

### **Mini Squads – Blue caps – 2 levels**

- Introduction to squad structure, with the focus on technique development of all 4 strokes
- Introduction of racing skills and further technique development of all 4 strokes
- Continuation of racing skills development.
- Further enhancement of all 4 strokes. Introduction to Individual Medley.
- Swimmer/Coach ratio – 12/1- Silver, 15/1- Gold
- Lesson duration – 60 min.
- Cost \$255 /10-week term/2 lessons per week
- Cost \$330 /10-week term/3 lessons per week (optional)

### **Private Lessons - organised by arrangement**

- \$35/half hour

### **After School Pick-up service (Prep-Year 3)**

- \$25 per Term

## **JPC Aquatics Competitive Squads**

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JPC Aquatics is a Swimming Queensland affiliated club. The swimming program based at John Paul College, Daisy Hill offers an opportunity for all athletes to develop, perhaps even to Olympic heights.

In our short history, our John Paul College swimming program has managed to foster:

- 1 National School Champion and record holder;
- 5 National level swimmers at club level
- 3 National level swimmers at school level
- 4 State Champions at club level;
- 2 State Champions at school level; and
- 3 National Top 25 ranked swimmers in middle and long distance events.

In the space of just three seasons, JPC Aquatics progressed from the middle of Division 3 to Premier Division in Brisbane Swimming Association's Interclub Premiership Competition.

The Club has also developed a number of swimmers who have improved substantially, as recognized through the Australian Junior Excellence Program (JX). In 2012/2013 JPC Aquatics was ranked in the top 30% nationally of the JX.

Whilst every child will not swim as fast as an Olympic champion, every child can be taught the technique and the attitude of a champion in line with the latest developments in the world of swimming. Within a friendly and fun atmosphere, we create a quality first experience of competitive swimming for each participant and build a pathway into both school and club swimming competitions.

We also offer swimming training for adults as Masters Swimmers, triathletes or just for fun and fitness.

Training occurs Monday to Saturday morning and afternoon for our three different squad levels.

## Squad Classes Curriculum and Pricing

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### Development Squad

- Five training sessions per week.
- Cost \$240 per quarter

### Junior Squad

- Six training sessions per week.
- Cost \$270 per quarter

### State Squad

- Eight training sessions per week.
- Cost \$300 per quarter

### Masters Squad

- Cost \$7 per session

For all Learn to Swim enquiries, please contact Ally Zillman by email:  
[azillman@jpc.qld.edu.au](mailto:azillman@jpc.qld.edu.au))

For all squad swimming enquiries, please contact Len Sterlin by phone 3826 3505 or  
email: [lsterlin@jpc.qld.edu.au](mailto:lsterlin@jpc.qld.edu.au))

