SWIMMING AT HUNTINGTOWER

IMPORTANT INFORMATION FOR 2015 YEAR 7 STUDENTS

Term 1 is a busy time for swimming at Huntingtower. In preparation for the House Swimming Carnival, which will be held on February 20th at the Melbourne Sports and Aquatic Centre, all Year 7 students will be trialled in several 50 metre events on Friday January 30th. It is important for us to know ahead of this time if there is any doubt that your child will not be comfortable with swimming 50m. All students are expected to swim at the carnival to earn points for their House. We trial the students to seed them into events with students of similar ability. When all the students are aware of their own personal best (PB) time they are able to focus, each time they compete, on self-improvement. Everyone is a winner in that environment.

Usually we have three or four weeks after the House Carnival to select and train a squad to represent the school in the two EISM (Eastern Independent Schools of Melbourne) Carnivals. This year however, the Interschool carnival is straight after the students return from camp, which is the week after the House carnival. Huntingtower has won this event for many years. We have a tradition to uphold! We will be selecting a provisional team, early in the term, to train for these events but the results at the house Carnival will determine the final selection of the team. If your child is swimming at Club level or has a 50m freestyle time under 36 seconds or a breaststroke time under 46 seconds we would appreciate you contacting the HSAC manager, Helen Aden, on 9831 9490 as soon as possible.

Many students train during the school holidays to be ready for the swimming carnivals.

You are all welcome to attend the January holiday program. HSAC belongs to the school but is open to anyone who would like to attend. New clients will need to ring to make an appointment for an assessment- 9831 9490

The holiday program will operate for two weeks in the January school holidays. The pool is open for public swimming from 1-3 Pm and from 3-6 PM where space permits around the classes and squads. Cost $3.00 per person.
JANUARY HOLIDAY PROGRAM

**Week 1** - January 12,13,14,15.  

The Learn to Swim program (Water Discovery to LTS 4) is a four day program only. Squad swimmers may book for individual days.

**Learn to swim (WD, LTS 1,LTS2, LTS3)**  
Mon - Thurs 30 minute lessons between 3-5. PM COST $60

**Learn to swim 4**  
Mon - Thurs 45 minute lesson at 2.45 PM COST $60

**Pre-squad**  
Mon – Thurs 3.15 – 4.00PM  
COST $50 for 4 or $15 for individual sessions

**Junior Squad**  
Mon -Thurs 3.30 – 4.30PM  
COST $50 for 4 or $15 for individual sessions

**Junior Competition Squad**  
Mon – Thurs 4.00 – 5.00PM  
COST $50 for 4 or $15 for individual sessions

**Senior Squad**  
Mon – Thurs 5.00 -6.00  
COST $50 for 4 or $15 for individual sessions

**Senior Competition Squad**  
Mon – Thurs 4.30 6.00  
COST $50 for 4 or $15 for individual sessions

All classes must be booked and paid at the HSAC office personally or by calling 9831 9490. Costs may be charged to your Huntingtower school fee account.

Helen Aden HSAC Manager 9831 9490